

Nutrition Facts

Serving size

2 cups

Amount Per Serving

Calories

440

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2.3g **12%**

Trans Fat 0g

Polyunsaturated Fat 2.3g

Monounsaturated Fat 6.4g

Cholesterol 70mg **23%**

Sodium 220mg **10%**

Total Carbohydrate 50g **18%**

Dietary Fiber 7g **25%**

Total Sugars 14g

Includes 3g Added Sugars **6%**

Protein 34g **68%**

Vitamin D 0.1mcg **0%**

Calcium 49mg **4%**

Iron 3.4mg **20%**

Potassium 519mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.