

# Nutrition Facts

4 servings per container

**Serving size**

**1 1/2 cups**

**Amount Per Serving**

**Calories**

**170**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 0.6g **3%**

*Trans* Fat 0g

Polyunsaturated Fat 2.2g

Monounsaturated Fat 0.8g

**Cholesterol** 0mg **0%**

**Sodium** 460mg **20%**

**Total Carbohydrate** 28g **10%**

Dietary Fiber 6g **21%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 7g **14%**

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1.6mg **8%**

Potassium 535mg **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.