

Nutrition Facts

6 servings per container

Serving size

2 cups

Amount Per Serving

Calories

240

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0.14g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 1.6g

Cholesterol 25mg **8%**

Sodium 90mg **4%**

Total Carbohydrate 40g **15%**

Dietary Fiber 5g **18%**

Total Sugars 21g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 0mcg **0%**

Calcium 81mg **6%**

Iron 2.2mg **10%**

Potassium 596mg **15%**

*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.