

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

260

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 6.4g

Cholesterol 20mg **7%**

Sodium 820mg **36%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **14%**

Total Sugars 16g

Includes 6g Added Sugars **12%**

Protein 17g **34%**

Vitamin D 0mcg **0%**

Calcium 51mg **4%**

Iron 2.7mg **15%**

Potassium 1154mg **25%**

*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.