

# Nutrition Facts

6 servings per container

**Serving size**

**1 cup**

**Amount Per Serving**

**Calories**

**90**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0.99g **5%**

*Trans* Fat 0.018g

Polyunsaturated Fat 1.197g

Monounsaturated Fat 1.136g

**Cholesterol** 15mg **5%**

**Sodium** 280mg **12%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 8g **16%**

Vitamin D 0.192mcg **0%**

Calcium 71mg **6%**

Iron 0.765mg **4%**

Potassium 336mg **8%**

\*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.