

# Nutrition Facts

**Serving size**

**1/2 cup**

**Amount Per Serving**

**Calories**

**90**

**% Daily Value\***

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

Saturated Fat 0g **0%**

*Trans* Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

**Cholesterol** < 5mg **1%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 11g **4%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 2g **4%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 0.3mg **2%**

Potassium 232mg **4%**

\*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.