

# Nutrition Facts

**Serving size**

**1 1/2 cups**

**Amount Per Serving**

**Calories**

**240**

**% Daily Value\***

**Total Fat** 3g **4%**

Saturated Fat 0.8g **4%**

*Trans* Fat 0g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 0.9g

**Cholesterol** 55mg **18%**

**Sodium** 500mg **22%**

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

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein** 23g **46%**

Vitamin D 0.2mcg **0%**

Calcium 85mg **6%**

Iron 1.5mg **8%**

Potassium 657mg **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.