

Nutrition Facts

6 servings per container

Serving size

1/3 cup

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 8g **3%**

Dietary Fiber 5g **18%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 15mg **2%**

Iron 0.532mg **2%**

Potassium 435mg **10%**

*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.