

# Nutrition Facts

6 servings per container

**Serving size**

**3/4 cup**

**Amount Per Serving**

**Calories**

**170**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0.578g **3%**

*Trans* Fat 0.008g

Polyunsaturated Fat 0.843g

Monounsaturated Fat 0.66g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 5g **18%**

Total Sugars 20g

Includes 9g Added Sugars **18%**

Sugar Alcohol 1g

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 62mg **4%**

Iron 1mg **6%**

Potassium 248mg **6%**

\*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.