

Nutrition Facts

Serving size 1/2 cup

Amount Per Serving

Calories **270**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol 10mg **3%**

Sodium 45mg **2%**

Total Carbohydrate 59g **21%**

Dietary Fiber 5g **18%**

Total Sugars 40g

Includes 30g Added Sugars **60%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1.3mg 8%

Potassium 279mg 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.