

Nutrition Facts

Serving size 1 1/2 cups

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

Polyunsaturated Fat 1.1g

Monounsaturated Fat 1g

Cholesterol 50mg **17%**

Sodium 1030mg **45%**

Total Carbohydrate 34g **12%**

Dietary Fiber 12g **43%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 28g **56%**

Vitamin D 0mcg **0%**

Calcium 121mg **10%**

Iron 3.5mg **20%**

Potassium 854mg **20%**

*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.