

Nutrition Facts

9 servings per container

Serving size

1/2 cup

Amount Per Serving

Calories

200

% Daily Value*

Total Fat 6g **7%**

Saturated Fat 0.541g **3%**

Trans Fat 0.012g

Polyunsaturated Fat 1.712g

Monounsaturated Fat 3.118g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 37g **13%**

Dietary Fiber 3g **12%**

Total Sugars 21g

Includes 21g Added Sugars **41%**

Sugar Alcohol 0g

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 1.016mg **6%**

Potassium 97mg **2%**

*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.