

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol < 5mg **1%**

Sodium 270mg **12%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 51mg **4%**

Iron 1.3mg **8%**

Potassium 271mg **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.