

Nutrition Facts

Serving size

1 1/2 cups

Amount Per Serving

Calories

310

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 2g

Cholesterol 75mg **25%**

Sodium 350mg **15%**

Total Carbohydrate 35g **13%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 28g **56%**

Vitamin D 0.2mcg **0%**

Calcium 65mg **4%**

Iron 3mg **15%**

Potassium 671mg **15%**

*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.