

Nutrition Facts

Serving size 1/2 cup

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.7g 4%

Trans Fat 0g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 3.4g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 24g 9%

Dietary Fiber 8g 29%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 7g 14%

Vitamin D 0mcg 0%

Calcium 55mg 4%

Iron 1.7mg 10%

Potassium 473mg 10%

*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.