

Nutrition Facts

2 servings per container

Serving size

1 1/2 cups

Amount Per Serving

Calories

100

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.843g **4%**

Trans Fat 0.024g

Polyunsaturated Fat 3g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 45mg **4%**

Iron 0.725mg **4%**

Potassium 249mg **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.