

Nutrition Facts

Serving size 1 cup

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 9g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Polyunsaturated Fat 1.8g

Monounsaturated Fat 3.4g

Cholesterol 25mg 8%

Sodium 980mg 43%

Total Carbohydrate 29g 11%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 2g Added Sugars 4%

Protein 12g 24%

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 2.5mg 15%

Potassium 343mg 8%

*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.