

# Nutrition Facts

8 servings per container

**Serving size**

**2 cups**

**Amount Per Serving**

**Calories**

**180**

**% Daily Value\***

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

*Trans* Fat 0.009g

Polyunsaturated Fat 1.433g

Monounsaturated Fat 0.521g

**Cholesterol** 35mg **12%**

**Sodium** 420mg **18%**

**Total Carbohydrate** 35g **13%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 2g Added Sugars **4%**

Sugar Alcohol 0g

**Protein** 7g **14%**

Vitamin D 0mcg **0%**

Calcium 68mg **6%**

Iron 2.379mg **15%**

Potassium 539mg **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.