

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount Per Serving

Calories

300

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 3g **15%**

Trans Fat 0g

Polyunsaturated Fat 11g

Monounsaturated Fat 4g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **21%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 10g **20%**

Vitamin D 0mcg **0%**

Calcium 107mg **8%**

Iron 3.6mg **20%**

Potassium 589mg **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.