

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

680

% Daily Value*

Total Fat 24g **31%**

Saturated Fat 8g **40%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 9.5g

Cholesterol 85mg **28%**

Sodium 610mg **27%**

Total Carbohydrate 74g **27%**

Dietary Fiber 15g **54%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 48g **96%**

Vitamin D 0.1mcg **0%**

Calcium 340mg **25%**

Iron 8mg **45%**

Potassium 1032mg **20%**

*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.