

# Nutrition Facts

274 servings per container

**Serving size**

**1 cup**

**Amount Per Serving**

**Calories**

**270**

**% Daily Value\***

**Total Fat** 12g **15%**

Saturated Fat 3.205g **16%**

*Trans* Fat 0.005g

Polyunsaturated Fat 2.117g

Monounsaturated Fat 5.611g

**Cholesterol** 0mg **0%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 42g **15%**

Dietary Fiber 5g **18%**

Total Sugars 19g

Includes 18g Added Sugars **36%**

Sugar Alcohol 0g

**Protein** 6g **12%**

Vitamin D 0.599mcg **2%**

Calcium 91mg **8%**

Iron 5.503mg **30%**

Potassium 260mg **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.