

Nutrition Facts

Serving size

1.5 cups

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Polyunsaturated Fat 0.8g

Monounsaturated Fat 1.8g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 37g **13%**

Dietary Fiber 14g **50%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 0mcg **0%**

Calcium 86mg **6%**

Iron 4mg **20%**

Potassium 738mg **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.