

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount Per Serving

Calories

280

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1.649g **8%**

Trans Fat 0.024g

Polyunsaturated Fat 3.459g

Monounsaturated Fat 2.232g

Cholesterol 60mg **20%**

Sodium 350mg **15%**

Total Carbohydrate 45g **16%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 8g **16%**

Vitamin D 0.362mcg **2%**

Calcium 35mg **2%**

Iron 1.718mg **10%**

Potassium 306mg **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.