

Nutrition Facts

Serving size 1 1/2 cups

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 3g **15%**

Trans Fat 0g

Polyunsaturated Fat 3.3g

Monounsaturated Fat 3.6g

Cholesterol 20mg **7%**

Sodium 280mg **12%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 1mcg **4%**

Calcium 185mg **15%**

Iron 3mg **15%**

Potassium 857mg **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.