

# Nutrition Facts

**Serving size** 2 cups

**Amount Per Serving**

**Calories** 380

% Daily Value\*

**Total Fat** 24g 31%

Saturated Fat 2.8g 14%

*Trans* Fat 0g

Polyunsaturated Fat 4.6g

Monounsaturated Fat 15.1g

**Cholesterol** 0mg 0%

**Sodium** 280mg 12%

**Total Carbohydrate** 38g 14%

Dietary Fiber 7g 25%

Total Sugars 22g

Includes 10g Added Sugars 20%

**Protein** 6g 12%

Vitamin D 0mcg 0%

Calcium 114mg 8%

Iron 2.2mg 10%

Potassium 485mg 10%

\*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.