

Nutrition Facts

Serving size 2 cups

Amount Per Serving

Calories 330

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2.5g 13%

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 3g

Cholesterol 75mg 25%

Sodium 380mg 17%

Total Carbohydrate 39g 14%

Dietary Fiber 5g 18%

Total Sugars 15g

Includes 1g Added Sugars 2%

Protein 22g 44%

Vitamin D 2.2mcg 10%

Calcium 267mg 20%

Iron 2.6mg 15%

Potassium 587mg 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.