

Nutrition Facts

6 servings per container

Serving size

1 cup

Amount Per Serving

Calories

70

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.268g **1%**

Trans Fat 0.198g

Polyunsaturated Fat 0.509g

Monounsaturated Fat 1.421g

Cholesterol < 5mg **1%**

Sodium 400mg **18%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 37mg **2%**

Iron 0.819mg **4%**

Potassium 142mg **4%**

*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.