

Nutrition Facts

Serving size

1 cup

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.4g **2%**

Trans Fat 0g

Polyunsaturated Fat 1.2g

Monounsaturated Fat 0.4g

Cholesterol 0mg **0%**

Sodium 450mg **20%**

Total Carbohydrate 32g **12%**

Dietary Fiber 8g **29%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 12g **24%**

Vitamin D 0mcg **0%**

Calcium 143mg **10%**

Iron 4.5mg **25%**

Potassium 765mg **15%**

*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.