

# Nutrition Facts

Serving size

3/4 cup

Amount Per Serving

**Calories**

**60**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 0.4g **2%**

*Trans* Fat 0g

Polyunsaturated Fat 1.1g

Monounsaturated Fat 0.6g

**Cholesterol** 0mg **0%**

**Sodium** 30mg **1%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 142mg **10%**

Iron 0.6mg **4%**

Potassium 227mg **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.