# Nutrition Facts

about 5 servings per container

**Serving size**  
1/3 cup (28g)

## Amount per serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Includes 6g Added Sugars</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

*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.*