

# Nutrition Facts

About 6 servings per container

**Serving size** 2/3 cup (60g)

**Amount per serving**

**Calories** 260

**% Daily Value\***

**Total Fat** 12g 15%

Saturated Fat 2g 10%

*Trans* Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 4.5mg

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 29g 11%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 8g Added Sugars 16%

**Protein** 11g 13%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.6mg 8%

Potassium 340mg 8%

\* 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.