

Nutrition Facts

8 servings per container

Serving size

2/3 cup (55g)

Amount per serving

Calories

222

% Daily Value*

Total Fat 1.8g **2.8%**

Saturated Fat 0.3g **1.5%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0.03g **1.3%**

Total Carbohydrate 54g **18%**

Dietary Fiber 7.8g **31.2%**

Total Sugars 2g

Includes 1g Added Sugars **1.6%**

Protein 13g

Vitamin D 2mcg **10%**

Calcium 260mg **0.12%**

Iron 8mg **0.03%**

Potassium 235mg **6%**

* 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.