

Nutrition Facts

Serving size

1/3 cup (44g)

Amount per serving

Calories

180

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 25g **1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 20g **17%**

Vitamin D 0mcg 0%

Calcium 246mg 20%

Iron 3mg 15%

Potassium 601mg 15%

*The % Daily Value 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.