

# Nutrition Facts

36 servings per container

**Serving size** 1 Cup (127g)

**Amount Per Serving**

**Calories** **280**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 2.5g **13%**

*Trans* Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 510mg **22%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 13g **26%**

Vitamin D 0mcg **0%**

Calcium 1196mg **90%**

Iron 0.18mg **0%**

Potassium 7990mg **170%**

\*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.