

# Nutrition Facts

17 servings per container

Serving size  
1/4 cup (23g)

Calories  
per serving **120**

Amount/serving      % Daily Value\*

**Total Fat** 7g      **9%**

Saturated Fat 1g      **5%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

Vitamin D 0mcg      0%

Potassium 255mg      6%

Amount/serving      % Daily Value\*

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 3g      **11%**

Total Sugars 1g

Includes 0g Added Sugars      **0%**

**Protein** 10g      **20%**

• Calcium 20mg      2%

• Iron 1.9mg      10%

\*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.