

Nutrition Facts

Serving Size 3/4 cup (142 g)

Per Serving

% Daily Value*

Calories 290

Calories from Fat 153

Total Fat 17g 26%

Saturated Fat 2.5g 12%

Sodium 380mg 16%

Carbohydrates 31g 10%

Dietary Fiber 3g 12%

Sugars 3g

Protein 4g

Iron 8%