

# Nutrition Facts

2 servings per container

**Serving size**

**6-8 chips**

**Amount Per Serving**

**Calories**

**210**

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 2.263g **11%**

*Trans* Fat 0.073g

Polyunsaturated Fat 8.138g

Monounsaturated Fat 3.165g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **0%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 10g **36%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 1.16mg **6%**

Potassium 796mg **15%**

\*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.