

Nutrition Facts

Serving size

6 sticks

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1.7g

Monounsaturated Fat 2g

Cholesterol 185mg **62%**

Sodium 330mg **14%**

Total Carbohydrate 42g **15%**

Dietary Fiber 7g **25%**

Total Sugars 12g

Includes 2g Added Sugars **4%**

Protein 14g **28%**

Vitamin D 1mcg **4%**

Calcium 174mg **15%**

Iron 3mg **15%**

Potassium 490mg **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.