

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 3.089g **15%**

Trans Fat 0.146g

Polyunsaturated Fat 4.297g

Monounsaturated Fat 2.549g

Cholesterol 10mg **3%**

Sodium 270mg **12%**

Total Carbohydrate 18g **7%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes < 1g Added Sugars **1%**

Sugar Alcohol 0g

Protein 8g **16%**

Vitamin D 0.066mcg **0%**

Calcium 155mg **10%**

Iron 1.213mg **6%**

Potassium 375mg **8%**

*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.