

Nutrition Facts

Serving size

3 slices

Amount Per Serving

Calories

440

% Daily Value*

Total Fat 21g **27%**

Saturated Fat 10g **50%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 5.4g

Cholesterol 110mg **37%**

Sodium 780mg **34%**

Total Carbohydrate 42g **15%**

Dietary Fiber 7g **25%**

Total Sugars 14g

Includes 1g Added Sugars **2%**

Protein 23g **46%**

Vitamin D 0.6mcg **4%**

Calcium 641mg **50%**

Iron 2mg **10%**

Potassium 766mg **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.