

Nutrition Facts

4 servings per container

Serving size

3/4 cup

Amount Per Serving

Calories

80

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.268g **6%**

Trans Fat 0.02g

Polyunsaturated Fat 0.435g

Monounsaturated Fat 1.298g

Cholesterol 95mg **32%**

Sodium 260mg **11%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0.554mcg **2%**

Calcium 67mg **6%**

Iron 0.589mg **4%**

Potassium 219mg **4%**

*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.