

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

110

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2.048g **10%**

Trans Fat 0.109g

Polyunsaturated Fat 4.079g

Monounsaturated Fat 1.892g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 7g **3%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0.028mcg **0%**

Calcium 62mg **4%**

Iron 0.792mg **4%**

Potassium 274mg **6%**

*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.