

Nutrition Facts

Serving size 3/4 cup

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Polyunsaturated Fat 1.2g

Monounsaturated Fat 4.2g

Cholesterol 50mg 17%

Sodium 220mg 10%

Total Carbohydrate 5g 2%

Dietary Fiber 3g 11%

Total Sugars < 1g

Includes 0g Added Sugars 0%

Protein 23g 46%

Vitamin D 0mcg 0%

Calcium 65mg 4%

Iron 0.9mg 4%

Potassium 418mg 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.