

Nutrition Facts

10 servings per container

Serving size

1 cup

Amount Per Serving

Calories

370

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 5g **25%**

Trans Fat 0.041g

Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 115mg **38%**

Sodium 440mg **19%**

Total Carbohydrate 18g **7%**

Dietary Fiber 4g **14%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 41g **82%**

Vitamin D 1mcg 4%

Calcium 65mg 4%

Iron 3mg 15%

Potassium 749mg 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.