

Nutrition Facts

Serving size

1 slice

Amount Per Serving

Calories

260

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.7g **14%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 6g

Cholesterol 30mg **10%**

Sodium 340mg **15%**

Total Carbohydrate 30g **11%**

Dietary Fiber 2g **7%**

Total Sugars 9g

Includes 2g Added Sugars **4%**

Protein 9g **18%**

Vitamin D 0.5mcg **2%**

Calcium 125mg **10%**

Iron 1.5mg **8%**

Potassium 322mg **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.