

Nutrition Facts

4 servings per container

Serving size

1 cups

Amount Per Serving

Calories

170

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 0.897g **4%**

Trans Fat 0.043g

Polyunsaturated Fat 2.702g

Monounsaturated Fat 5.556g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 19g **7%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes < 1g Added Sugars **2%**

Sugar Alcohol 0g

Protein 5g **10%**

Vitamin D 0mcg **0%**

Calcium 62mg **4%**

Iron 1.41mg **8%**

Potassium 523mg **10%**

*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.