

Nutrition Facts

Serving size

3 pieces

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 1g

Cholesterol < 5mg **1%**

Sodium 680mg **30%**

Total Carbohydrate 32g **12%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 2g Added Sugars **4%**

Protein 9g **18%**

Vitamin D 0mcg **0%**

Calcium 123mg **10%**

Iron 3mg **15%**

Potassium 390mg **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.