

Nutrition Facts

4 servings per container

Serving size

1 cup

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 2.8g **14%**

Trans Fat 0.097g

Polyunsaturated Fat 10.58g

Monounsaturated Fat 4.293g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Total Sugars 10g

Includes 5g Added Sugars **10%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 18mg **2%**

Iron 0.622mg **4%**

Potassium 167mg **4%**

*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.