

# Nutrition Facts

4 servings per container

**Serving size**

**3/4 cup**

**Amount Per Serving**

**Calories**

**80**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 1.583g **8%**

*Trans* Fat 0.073g

Polyunsaturated Fat 2.151g

Monounsaturated Fat 1.236g

**Cholesterol** 5mg **2%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 3g **6%**

Vitamin D 0.033mcg **0%**

Calcium 76mg **6%**

Iron 0.526mg **2%**

Potassium 278mg **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.