

# Nutrition Facts

1 servings per container

**Serving size** 2.3 oz. (65g)

**Amount Per Serving**

**Calories** **300**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 0.7g **4%**

*Trans* Fat 0g

Polyunsaturated Fat 2.16g

Monounsaturated Fat 2.76g

**Cholesterol** 0mg **0%**

**Sodium** 520mg **23%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 2g **7%**

Total Sugars < 1g

Includes 0g Added Sugars **0%**

**Protein** 15g **30%**

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 3.9mg 20%

Potassium 64mg 2%

Vitamin C 2%

\*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.