

Nutrition Facts

1 servings per container

Serving size 2.3 oz. (65g)

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Polyunsaturated Fat 1.8g

Monounsaturated Fat 2.3g

Cholesterol 0mg **0%**

Sodium 490mg **21%**

Total Carbohydrate 47g **17%**

Dietary Fiber 3g **11%**

Total Sugars < 1g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0mcg **0%**

Calcium 57mg **4%**

Iron 3.5mg **20%**

Potassium 45mg **0%**

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.