

Nutrition Facts

4 servings per container

Serving size

1/2 cup

Amount Per Serving

Calories

90

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 0.553g **3%**

Trans Fat 0.027g

Polyunsaturated Fat 2.095g

Monounsaturated Fat 4.337g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 201mg **15%**

Iron 0.461mg **2%**

Potassium 193mg **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.