

# Nutrition Facts

16 servings per container

**Serving size**

**1 piece**

**Amount Per Serving**

**Calories**

**140**

**% Daily Value\***

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

Saturated Fat 1.227g **6%**

*Trans* Fat 0.011g

Polyunsaturated Fat 2.33g

Monounsaturated Fat 3.755g

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

**Sodium** 10mg **0%**

**Total Carbohydrate** 16g **6%**

Dietary Fiber 1g **4%**

Total Sugars 10g

Includes 5g Added Sugars **10%**

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

Vitamin D 0.056mcg **0%**

Calcium 13mg **0%**

Iron 0.87mg **4%**

Potassium 127mg **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.