

Nutrition Facts

10 servings per container

Serving size

1 slice

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.4g **2%**

Trans Fat 0g

Polyunsaturated Fat 0.234g

Monounsaturated Fat 0.434g

Cholesterol 35mg **12%**

Sodium 105mg **5%**

Total Carbohydrate 28g **10%**

Dietary Fiber 2g **7%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 4g **8%**

Vitamin D 0.218mcg **2%**

Calcium 41mg **4%**

Iron 1.47mg **8%**

Potassium 130mg **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.