

Nutrition Facts

6 servings per container

Serving size

1/2 cup

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 5.084g **25%**

Trans Fat 0.269g

Polyunsaturated Fat 0.487g

Monounsaturated Fat 2.238g

Cholesterol 30mg **10%**

Sodium 260mg **11%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 0.153mcg **0%**

Calcium 281mg **20%**

Iron 0.963mg **6%**

Potassium 291mg **6%**

*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.