

Nutrition Facts

5 servings per container

Serving size

28 g (1 oz)

Amount per serving

Calories

140

% Daily Value

Total Fat 9g **12%**

Saturated Fat 5g **27%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 10g **4%**

Dietary Fiber 3g **12%**

Total Sugars 1g

Includes 1g Added Sugars **1%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1.4mg **8%**

Potassium 150mg **4%**

Vitamin E 0.5mg **4%**

Thiamin 0.1mg **6%**

Riboflavin 0.1mg **4%**

Niacin 0.7mg **4%**

Vitamin B6 0.1mg **6%**

Vitamin B12 0.05mcg **2%**