

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 130mg 6%

Total Carbohydrate 10g 4%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.6mg 8%

Potassium 40mg 0%

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%