

# Nutrition Facts

1 serving per container

**Serving size** 37 g (1.3 oz)

Amount per serving

**Calories** 200

**% Daily Value**

**Total Fat** 13g 17%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 210mg 9%

**Total Carbohydrate** 11g 4%

Dietary Fiber 11g 38%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 4.7mg 25%

Potassium 0mg 0%

Vitamin E 0.8mg 6%