

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 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 11g 38%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 4.8mg 25%

Potassium 0mg 0%

Vitamin E 0.8mg 6%