

Nutrition Facts

4 servings per container

Serving size 1/4 cup (112g)

Amount per serving

Calories **200**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

Polyunsaturated 0g

Monounsaturated 5g

Cholesterol 70mg **23%**

Sodium 70mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 23g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 3mg 15%

Potassium 365mg 8%

* 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.