

Nutrition Facts

9 servings per container

Serving size 3 Oz (85g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 6g

Cholesterol 0mg 0%

Sodium 350mg 15%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

Protein 16g 32%

Vitamin D 0mcg 0%

Calcium 169mg 15%

Iron 2.88mg 15%

Potassium 141mg 4%

*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.