

Nutrition Facts

Serv. size 1oz (28g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 10g 13%

Sat. Fat 1g 5%

Trans Fat 0g

Cholest. 0mg 0%

Sodium 0mg 0%

Total Carb. 11g 4%

Fiber 2g 7%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 4g

Vit. D 0mcg 0%

Calcium 31mg 2%

Iron 1mg 6%

Potas. 175mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.