

05/30/2019

Nutrition Facts

About 8 servings per container

Serving size (30g)

Amount per serving

Calories **170**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 7g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg 0% • Calcium 32mg 2%

Iron 1mg 6% • Potassium 298mg 6%

Vitamin C 1mg 2% • Thiamin 0.2mg 15%

Vitamin B₆ 0.3mg 20% • Copper 0.4mg 45%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Contains Tree Nuts.