



Nutrition Facts

Serving Size 1oz. (28g / about ¼ cup)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 13g

Monounsaturated Fat 2.5g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Incl. 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 0.8mg **4%**

Potassium 130mg **2%**

*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.