



| Nutrition Facts | |
|---|-----------------------|
| Serving Size 100 grams (100g) | |
| Amount Per Serving | |
| Calories 654 | Calories from Fat 586 |
| | % Daily Value* |
| Total Fat 65.4 g | 100% |
| Saturated Fat 6.1g | 32% |
| Polyunsaturated Fat 47.1 g | |
| Monounsaturated Fat 8.9g | |
| Cholesterol 0mg | 0% |
| Sodium 4mg | 0% |
| Total Carbohydrates 13.6g | 4% |
| Dietary Fiber 6.8g | 29% |
| Sugar 2.5g | |
| Protein 15.4g | |
| Vitamin A 0% | Vitamin C 4% |
| Calcium 11% | Iron 18% |
| * Based on a 2000 calorie diet | |
| Source: USDA National Nutrient Database for Standard Reference 28 slightly revised May 2016 | |