



Nutrition Facts

Serving Size 1oz. (28g / about 1/4 cup)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 13g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugar 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.