

Nutrition Facts

Serving Size (30g)

Amount Per Serving

Calories 145

Calories from Fat 57

% Daily Values*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 1.5g

Cholesterol 45mg **15%**

Sodium 105mg **4%**

Total Carbohydrate 2.4g **1%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 20g **40%**

Calcium 4%



Iron 13%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g