

Nutrition Facts

Serving Size 1/4 cup (about 34g)

Amount Per Serving

Calories 100 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 4g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

* 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 per gram:

Fat 9 • Carbohydrate 4 • Protein 4