

Nutrition Facts

10 servings per container

Serving size 1 bag (43g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 13g 17%

Saturated Fat 3g 15%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 6g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Total Sugars 16g

Includes 8g Added Sugars 16%

Protein 5g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1.1mg 6%

Potassium 231mg 4%

* 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.