

# Nutrition Facts

about 24 servings per container

**Serving size**

**3 oz (85g)**

**Amount Per Serving**

**Calories**

**90**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 700mg **30%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 8g **29%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 1g **2%**

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 0mg **0%**

Potassium 0mg **0%**

\*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.