

Nutrition Facts

80 servings per container

Serving size 1/4 cup (28g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 8g 10%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 160mg 7%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g 14%

Vit. D 0.2mcg 0% • Calcium 203mg 15%

Iron .2mg 2% • Potas. 22mg 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.