

Nutrition Facts

Serving size (100g)

Amount Per Serving

Calories **380**

% Daily Value*

Total Fat 22g **28%**

Saturated Fat 13.6g **68%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 36g **13%**

Dietary Fiber 27g **96%**

Total Sugars < 1g

Includes 0g Added Sugars **0%**

Protein 19g **38%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.