

# Nutrition Facts

1 servings per container

**Serving size**

**1 bag (35g)**

**Amount Per Serving**

**Calories**

**170**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

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

**Sodium** 160mg **7%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

**Protein** 12g

Vitamin D 0mcg **0%**

Calcium 90mg **6%**

Iron 2.3mg **15%**

Potassium 20mg **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.