

Nutrition Facts

Serving size
1/4 Cup (28g)

Calories
per serving

200

Amount/serving	% Daily Value*
Total Fat 20g	26%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 12g	
Cholesterol 0mg	0%
Vitamin D 0mcg	0%
Potassium 116mg	2%
Vitamin E	2%
Niacin	2%
Phosphorus	6%
Copper	35%

- Calcium 20mg
- Vitamin A
- Thiamin
- Vitamin B6
- Magnesium
- Manganese

Amount/serving	% Daily Value*
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Iron 0.7mg	4%
Vitamin C	0%
Riboflavin	4%
Folate	2%
Zinc	10%
60%	

*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.