

Nutrition Facts

Serving size 1/4 Cup (28g)

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 10mg **0%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 116mg 2%

Vitamin A 0%

Vitamin C 0%

Vitamin E 2%

Thiamin 15%

Riboflavin 4%

Niacin 2%

Vitamin B6 4%

Folate 2%

Phosphorus 6%

Magnesium 8%

Zinc 10%

Copper 35%

Manganese 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.