

# Nutrition Facts

Serving size  
1/4 Cup (28g)

Calories  
per serving

**200**

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

Amount/serving	% Daily Value*
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Calcium 20mg	2%
Vitamin A	0%
Thiamin	15%
Vitamin B6	4%
Magnesium	8%
Manganese	60%
Iron 0.7mg	4%
Vitamin C	0%
Riboflavin	4%
Folate	2%
Zinc	10%

\*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.