

Nutrition Facts

Serving size 1/4 Cup (28g)

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 20g	26%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 12g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
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.