

# Nutrition Facts

About 7 servings per container

**Serving size 1oz. (28g / 1/4 cup)**

**Amount per serving**

**Calories 80**

**% Daily Value\***

**Total Fat** 6g **7%**

Saturated Fat 4g **20%**

*Trans Fat* 0g

**Cholesterol** 20mg **6%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 7g

Vitamin D 0mcg **0%**

Calcium 150mg **10%**

Iron 0mg **0%**

Potassium 20mg **1%**

\* 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.