

# Nutrition Facts

Servings Per Container About 7

Serving Size 1/2 Cup (52 g)

Amount Per Serving				Per 1 OZ snack About 1/4 Cup	
Calories		220		120	
		Amount/Serving		% Daily Value*	
Total Fat		8 g	10%	4 g	5%
Saturated Fat		1 g	5%	0 g	0%
Trans Fat		0 g		0 g	
Polyunsaturated Fat		2.5 g		1.5 g	
Monounsaturated Fat		4 g		2 g	
Cholesterol		0 mg	0%	0 mg	0%
Sodium		150 mg	7%	80 mg	3%
Total Carbohydrate		36 g	13%	19 g	7%
Dietary Fiber		5 g	18%	3 g	10%
Total Sugars		7 g		4 g	
Includes 7g Added Sugars		7 g	14%	4 g	8%
Protein		6 g		3 g	
Vitamin D		0 mcg	0%	0 mcg	0%
Calcium		40 mg	2%	20 mg	2%
Iron		1.3 mg	6%	0.7 mg	4%
Potassium		180 mg	2%	90 mg	2%
Phosphorus			10%		6%
Magnesium			10%		8%
Zinc			8%		4%

\*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.