

NUTRITION FACTS

Servings per container 80

Serving Size 1 oz (28g)

Amount Per Serving

Calories

100

% Daily Value

Total Fat 8 g 10 %

Saturated Fat 5 g 25 %

Trans Fat 0 g

Cholesterol 25 mg 8 %

Sodium 350 mg 15 %

Total Carbohydrate 2 g 1 %

Dietary fiber 0 g 0 %

Total sugar 2 g

Includes 0 g Added sugars 0 %

Protein 5 g 10 %

Vitamin D 0 mcg 0 %

Calcium 161 mg 10 %

Iron 0 mg 0 %

Potassium 190 mg 4 %

* The % Daily Values (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.

Land O'Lakes is updating the Nutrition Facts panels on its products to comply with new FDA regulations. During this transition, both old and new versions of the Nutrition Facts panel will be in the marketplace. Refer to the label on your product for the most accurate nutrition, ingredient and allergen information.