

Nutrition Facts

Serving size (100g)

Amount Per Serving

Calories **600**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 8.9g **45%**

Trans Fat 0.24g

Cholesterol 5mg **2%**

Sodium 1330mg **58%**

Total Carbohydrate 24g **9%**

Dietary Fiber 22g **79%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

INGREDIENTS:

Dried Seaweed, Corn Oil, Sesame Oil, Seasoned Salt, Herb Extract.