

Nutrition Facts

2 servings per container

Serving size

1 oz (28g)

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 380mg **17%**

Total Carbohydrate 22g **8%**

Dietary Fiber 7g **25%**

Total Sugars < 1g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

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.