



Nutrition Facts

about 5 servings per container
Serving size 0.2 cups (25g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 9.8g	18%
Saturated Fat 1.8g	8%
Trans Fat 0mg	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3.3g	13%
Total Sugars 1.8g	4%
Includes 0g added sugars	0%
Protein 6.5g	9%
Vitamin E 5.4mg	36%
Calcium 35mg	4%
Iron 1.1mg	8%
Phosphorus 833mg	30%
Magnesium 45mg	11%
Copper 1800mg	50%
Manganese 0.6mg	20%
Potassium 207mg	6%
Zinc 1.8mg	10%

* 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.



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