

Nutrition Facts

Serving Size 1 bag (66g)

Servings Per Container 1

Amount Per Serving

Calories 270

Calories from Fat 30

% Daily Value*

Total Fat 3.5g

5%

Saturated Fat 1g

5%

Sodium 0mg

0%

Total Carbohydrate 33mg

11%

Dietary Fiber 6g

24%

Protein 27g

Vitamin C 2%

Calcium 8%

Iron 30%

Not a significant source of trans fat, cholesterol, sugars and vitamin A

*Percent Daily Values are based on a 2,000 calorie diet.