

Nutrition Facts

Serving size
1 Packet
(43g)

Calories **90**
per serving

Amount/serving	% DV	Amount/serving	% DV
Total Fat 7g	9%	Sodium 310mg	13%
Sat. Fat 1g	5%	Total Carb. 6g	2%
Polyunsat. Fat 4g		Total Sugars 2g	
Monounsat. Fat 2g		Incl. 1g Added Sugars	2%
Cholest. <5mg	1%	Protein <1g	
Potas. 120mg	2%		

Not a significant source of trans fat, dietary fiber, vitamin D, calcium and iron.