

Nutritional Fact

	Per 1 cup (247 g)	Daily Value (%)	Per 100 g
Calories	440 calories		178 calories
Calories from Fat	250 calories		99 calories
Total Fat	28 g	43	11 g
Saturated Fat	12 g	60	4.9 g
Trans Fat	1.5 g		0.6 g
Cholesterol	60 mg	20	24 mg
Sodium	1400 mg	58	579 mg
Carbohydrate	28 g	9	11.3 g
Dietary Fiber	4 g	16	1.6 g
Sugars	3 g		1.2 g
Protein	18 g	18	7.3 g
Vitamin A		0	0 IU
Vitamin C		0	0 mg
Calcium		2	8 mg
Iron		8	0.6 mg
Potassium			
Polyunsaturated Fat			0.4 g
Monounsaturated Fat			4.9 g

% daily values are based on a 2,000 calorie diet