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## Nutritional Information

Nutritional Facts		
Serving Size	100 g	
Amount Per Serving		
Calories		654
Calories from Fat		550
		% Daily Value *
Total Fat	65.2 g	100%
Saturated Fat	6.1 g	31%
Polyunsaturated Fat	47g	
Monounsaturated Fat	9 g	
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Potassium	440 mg	13%
Total Carbohydrate	14 g	5%
Dietary Fiber	7 g	27%
Sugar	<sup>3</sup> g	
Protein	15.2 g	30
Vitamin A		0%
Vitamin C		2%
Calcium		10%
Iron		16%
Vitamin E		4%
Vitamin K		3%
Thiamin		23%
Riboflavin		9%
Niacin		6%
Vitamin B6		27%
Folic Acid		25%
Vitamin B12		0%
Pantothenic Acid		6%
Phosphorus		35%
Magnesium		40%
Zinc		21%
Selenium		7%
Copper		0%
Manganese		171
*Percent Daily Values are based on a 2,000 calorie diet. Your diet values may be higher or lower depending on your calorie needs.		