

Nutritional Information
(Approximate analysis)

Nutrient	Per 1 Oz.	Per 100 grams
Calories	178	636
Protein, g	4	14
Carbohydrates, g	4	15
Total Fat, g	19	69
.....Saturated Fat, g	2.1	7.9
.....Monounsaturated Fat, g	3.5	12.4
.....Polyunsaturated Fat, g	13.7	49.0
Cholesterol, mg	0	0
Dietary Fat, g	2.7	9.6