

Nutrition Facts

(Unprepared)

1 Servings Per Container

Serving Size **100 g**

Amount Per Serving

Calories **261.0**

| | % Daily Value* |
|---------------------------|----------------|
| Total Fat 15.3 g | 23.538% |
| Saturated Fat 6.14 g | 30.7% |
| Trans Fat 0.7 g | |
| Cholesterol 41.51 mg | 13.837% |
| Sodium 499.14 mg | 20.798% |
| Total Carbohydrate 18.3 g | 6.1% |
| Dietary Fiber 15.5 g | 62.0% |
| Sugar 0 g | |
| Added Sugar 0 g | 4.2% |
| Protein 12.3 g | 22.632% |
| Vitamin D 0.0 µg | 0.0% |
| Potassium 388.0 mg | 11.088% |
| Calcium 12.2 mg | 1.22% |
| Iron 1.7 mg | 9.444% |
| Vitamin A 0 µg | 0% |
| Vitamin C 0 mg | 0% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.