

# Nutrition Facts

(Approximate values)

No. of Servings per pack 31 (Approx.) Serving Size: 32g (2 Tbsp.)

Nutrients	Per 100g	%RDA* per Serve
Energy(kcal)	639	10.2%
Protein(g)	30	16%
Total Carbohydrates(g)	18	-
Dietary fiber(g)	9	9.6%
Total sugars(g)	3	-
Added sugars(g)	0	0%
Total Fat(g)	49	23.4%
Saturated fat(g)	7	10.2%
Trans fat(g)	0	0%
MUFA(g) <sup>†</sup>	25	-
Omega-6 PUFA(g) <sup>†</sup>	16	-
Cholesterol(mg)	0	-
Sodium(mg)	19	0.3%
Added Salt(mg)	0	0%

\*Recommended Daily Allowance for Average Adult per day (based on 2000 Kcal Diet). The % Recommended Daily Allowance is based on 2000 calories a day.