

NutriScore Nutrition Report



Report generated on: 3/31/2025

Nutrition Scores

Good Score

10%

Bad Score

16%

Net Score

6%

Health Rating

Your score: 6%

Poor Health Rating

Nutrition Summary

The product has a low overall nutritional score due to high sodium and fat content, despite some beneficial nutrients like fiber and potassium.

Positive Elements

- Dietary Fiber
- Potassium
- Gluten-Free

Areas for Improvement

- Sodium
- Total Fat
- Saturated Fat

Recommendation

Limit consumption due to high sodium and fat levels; consider lower-sodium alternatives.