

# Seaweed Salad

## Nutrition Facts

1 Servings Per Container

**Serving Size** 3.99oz (113g)

Amount Per Serving

**Calories** **80**

% Daily Value\*

**Total Fat** 3g **25%**

Saturated Fat 2g **30%**

*Trans Fat* 2g

**Cholesterol** 15mg **15%**

**Sodium** 240mg **11%**

**Total Carbohydrate** 35g **0%**

Dietary Fiber 6g **0%**

Total Sugars 7g

Included 4g Added Sugars **20%**

**Protein** 5g

Vitamin D 5mcg **0%**

Potassium 470mg **1%**

Calcium 200mg **0%**

Iron 1mg **3%**

\*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.