

# Nutrition Facts

Serving Size 1 Sheet (113g)

Servings Per Container About 38 - 40

## Amount Per Serving

**Calories 290**      **Calories from Fat 20**

**% Daily Value\***

**Total Fat 2.5g**      **4%**

**Saturated Fat 0.5g**      **3%**

    Trans Fat 0g

**Cholesterol 65mg**      **22%**

**Sodium 20mg**      **1%**

**Total Carbohydrate 55g**      **18%**

**Dietary Fiber 3g**      **12%**

    Sugars 2g

**Protein 11g**

**Vitamin A 2%**      • **Vitamin C 0%**

**Calcium 2%**      • **Iron 20%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4