

Nutrition Facts

Serving Size about 1/3 (10g)

Servings Per Container about 16

Amount Per Serving

Calories 100 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **6%**

Trans Fat 0.5g

Cholesterol 5mg **1%**

Sodium 120mg **5%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **6%**

Sugars 3g

Protein 3g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 0%

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	2000	2500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4