

Nutrition Facts

Serving Size 3 oz (85g)

Servings per Container 16

Amount per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 13g **21%**

Saturated Fat 6g **30%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 4g

Cholesterol 35mg **12%**

Sodium 320mg **13%**

Total Carbohydrate 36g **12%**

Dietary Fiber 1g **2%**

Soluble Fiber 0g

Sugars 21g

Protein 4g

Vitamin A 40% • Vitamin C 0%

Calcium 8% • Iron 6%

* 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
Sat 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 • Carbohydrates 4 • Protein 4