

# Nutrition Facts

Serving Size (67g)  
Servings Per Container 1

**Amount Per Serving**  
**Calories** 290    Calories from Fat 100

		% Daily Value*
<b>Total Fat</b>	11g	<b>17%</b>
Saturated Fat	6g	<b>35%</b>
Trans Fat	0g	
<b>Cholesterol</b>	15mg	<b>5%</b>
<b>Sodium</b>	300mg	<b>13%</b>
<b>Total Carbohydrate</b>	41g	<b>14%</b>
Dietary Fiber	5g	<b>16%</b>
Sugars	25g	
<b>Protein</b>	10g	

**Vitamin A** 0%    •    **Vitamin C** 0%  
**Calcium** 4%    •    **Iron** 15%

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

CHOCOLATE PEANUT BUTTER FLAPJACK IN A CUP