

Nutrition Facts

Serving Size 4 5/8 oz (131g)

Servings per Container 16

Amount per Serving

Calories 430 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 9g **45%**

Trans Fat 0g

Polyunsaturated Fat 4.5g

Monounsaturated Fat 6g

Cholesterol 35mg **11%**

Sodium 250mg **11%**

Total Carbohydrate 63g **21%**

Dietary Fiber 3g **13%**

Soluble Fiber 0g

Sugars 47g

Protein 5g

Vitamin A 25% • Vitamin C 2%

Calcium 8% • Iron 15%

* 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