

Nutritional Information Per 100 Grams
 AO#46 French Vanilla Organolicious

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
 AO#46	100	Gram	100.00	281.14	0	0	0	0	
Total			100.00	281.14	0	0	0	0	

Item Name	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	
 AO#46	68.59	2.20	63.35	0	0	0	0	0.09	
Total	68.59	2.20	63.35	0	0	0	0	0.09	

Item Name	Iron (mg)	Pot (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)	Fol_Acid (mcg)	
 AO#46	0.00	0	1.30	3.03	0.01	0	0	0	
Total	0.00	0	1.30	3.03	0.01	0	0	0	

08/16/2018

Nutrition Facts

Serving Size (100g)

Servings Per Container

Amount Per Serving

Calories 280

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 69g

23%

Dietary Fiber 2g

8%

Sugars 63g

Protein 0g

Vitamin A 0%

• Vitamin C 0%

Calcium 0%

• 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:	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