

Nutrition Facts	
6 servings per container	
Serving size	1 Vafel (80g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.3g	12%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.3g	
Monounsaturated Fat 3.8g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 50g	18%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 20.9mg	2%
Iron 2.2mg	10%
Potassium 89mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	