

# Nutrition Facts

Serving Size 1 cup (49g)

Servings Per Container 10

## Amount Per Serving

Calories 220    Calories from Fat 20

% Daily Value\*

**Total Fat** 2.5g 4%

Trans Fat 0g 0%

Saturated Fat 0.5g 4%

**Cholesterol** 80mg 26%

**Sodium** 30mg 1%

**Total Carbohydrate** 23g 8%

**Dietary Fiber** less than 1g 3%

**Sugars** 1g

**Protein** 6g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrients	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