

Nutrition Facts

Serving Size (28g)

Servings Per Container Varied

Amount Per Serving

Calories 110

Calories From Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 0g

Protein 4g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

*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

Last Changed 3/15/2018