

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