

Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container Varied

Amount Per Serving

Calories 260

Calories From Fat 100

% Daily Value*

Total Fat 11g 16%

Saturated Fat 7g 32%

Trans Fat 0g

Cholesterol 20mg 6%

Sodium 240mg 10%

Total Carbohydrate 35g 12%

Dietary Fiber 4g 16%

Sugars 14g

Protein 5g

Vitamin A 6%

Vitamin C 0%

Calcium 4%

Iron 8%

*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