

Nutrition Facts

Serving Size 1/3 cup (59g)
Servings Per Container Varied

Amount Per Serving

Calories 250 Calories From Fat 60

% Daily Value*

Total Fat 6g 9%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 150mg 6%

Potassium 350mg 10%

Total Carbohydrate 45g 15%

Dietary Fiber 1g 4%

Sugars 34g

Sugar Alcohol 0g

Protein 4g

Vitamin A 0% Vitamin C 2%

Calcium 10% 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 5/31/2018