

Nutrition Facts

Serving Size 1 2/5 oz (40 g/1.4 oz)

Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **19 %**

Saturated Fat 4g **20 %**

Trans Fat 0g

Cholesterol 0mg **0 %**

Sodium 60mg **3 %**

Total Carbohydrate 18g **6 %**

Dietary Fiber 4g **17 %**

Sugars 13g

Protein 5g **9 %**

Vitamin A 0% • Vitamin C 4%

Calcium 8% • Iron 10%

Vitamin E 40% • Niacin 4%

Vitamin B6 4% • Folate 4%

Copper 15% • Magnesium 20%

Phosphorus 10% • Zinc 15%

* 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
Sat 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