Nutrition Facts

Serving Size (106 g)

Amount Per Serving

Calories 229 Calories from Fat 11

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 41mg	14%
Sodium 608mg	25%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 18g	

Vitamin A	1%	• Vitamin C	0%
Calcium	16%	• Iron	19%

*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
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com