Nutrition Facts

Serving Size (155 g)

Amount Per Serving

Calories 400 Calories from Fat 202

	% Daily Value*
Total Fat 22g	35%
Saturated Fat 12g	59%
Trans Fat 1g	
Cholesterol 65mg	22%
Sodium 1800mg	75%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 18g	

Vitamin A	4%	• Vitamin C	0%
Calcium	12%	• Iron	18%

*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