Nutrition Facts

Serving Size (487 g)

Amount Per Serving

Calories 314 Calories from Fat 143

	% Daily Value*
Total Fat 16g	25%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 42mg	14%
Sodium 769mg	32%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	9%
Sugars 9g	
Protein 18g	

Vitamin A	85%	• Vitamin C	12%
Calcium	5%	• Iron	10%

*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

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