Nutrition Facts

Serving Size (338 g)

Amount Per Serving

Calories 229 Calories from Fat 109

	% Daily Value*
Total Fat 12g	19%
Saturated Fat 3g	17%
Trans Fat 0g	
Cholesterol 31mg	10%
Sodium 551mg	23%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 6g	
Protein 13g	

Vitamin A	57%	• Vitamin C	8%
Calcium	4%	• Iron	7%

*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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