

# Nutrition Facts

Serving Size (240 g)

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## Amount Per Serving

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**Calories** 400                      **Calories from Fat** 130

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### % Daily Value\*

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**Total Fat** 15g 23%

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Saturated Fat 2g 11%

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Trans Fat 0g

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**Cholesterol** 0mg 0%

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**Sodium** 114mg 5%

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**Total Carbohydrate** 62g 21%

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Dietary Fiber 5g 21%

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Sugars 4g

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**Protein** 5g

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Vitamin A                      0%   •   Vitamin C                      19%

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Calcium                      0%   •   Iron                      10%

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\*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

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Calories per gram:

Fat 9                      •                      Carbohydrate 4                      •                      Protein 4

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