

Nutrition Facts

Serving Size (156 g)

Amount Per Serving

Calories 260

Calories from Fat 84

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 74mg 3%

Total Carbohydrate 40g 13%

Dietary Fiber 3g 14%

Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 12%

Calcium 0% • Iron 6%

*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