Nutrition Facts

Serving Size 227 (227 g)

Amount Per Serving

Calories 650 Calories from Fat 248

	% Daily Value*
Total Fat 28g	42%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1750mg	73%
Total Carbohydrate 88g	29%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 10g	

Vitamin A	0%	• Vitamin C	10%
Calcium	5%	• Iron	38%

*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