

Nutrition Facts

Serving Size 4 oz (113g)
 Servings Per Container 1
Calories 200
 Calories from Fat 50

Amount / Serving	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Vitamin A 0%	Vitamin C 2%

Amount / Serving	% Daily Value*
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 8g	
Calcium 15%	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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4