

Nutrition Facts

Serving Size 4 oz (113g)
 Servings Per Container 1
Calories 170
 Calories from Fat 40

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 4.5g	7%	Total Carbohydrate 25g	8%
Saturated Fat 2.5g	13%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 10g	
Cholesterol 5mg	2%	Protein 8g	
Sodium 65mg	3%		
Vitamin A 0% • Vitamin C 4%		Calcium 15% • Iron 8%	

*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