

Nutrition Facts

Serving Size 1 container (99g)
Calories 140
Calories from Fat 60

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 7g	10%	Cholesterol 10mg	4%
Saturated Fat 1g	5%	Sodium 620mg	26%
Trans Fat 0g		Total Carbohydrate 20g	7%
Polyunsaturated Fat 3.5g		Dietary Fiber 1g	6%
Monounsaturated Fat 1.5g		Sugars 5g	
		Protein 2g	
Vitamin A 2%	• Vitamin C 10%	Calcium 2%	• Iron 2%