

Nutrition Facts

Serving Size 4 oz (113g)
 Servings Per Container 1

Calories 190
 Calories from Fat 60

Amount / Serving	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Vitamin A 2%	Vitamin C 2%

Amount / Serving	% Daily Value*
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 9g	
Calcium 20%	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