

Bernard® Low Sodium
Cheese Sauce Mix

Nutrition Facts

Serving Size 1/4 cup prepared (13g)

Servings Per Container 36

Amount Per Serving

Calories 50

Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **1%**

Potassium 15mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars <1g

Protein <1g

Vitamin A 0% • Vitamin C 0%

Calcium 3% • Iron 0%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g