

Plentils Light Sea Salt

# Nutrition Facts

Serving Size 1 bag (23g)

Serving Per Container 1

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Amount Per Serving

**Calories** 110    Calories from Fat 50

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% Daily Value \*

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**Total Fat** 5g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

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**Cholesterol** 0mg **0%**

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**Sodium** 220mg **9%**

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**Total Carbohydrate** 12g **4%**

Dietary Fiber 1g **4%**

Sugars 0g

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**Protein** 2g

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Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 0%

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\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.