Nutrition Facts

Serving Size 1 14 oz (32g)

Serving Per Conf	(0,	
Amount Per Serving		
Calories 74 C	alories from F	
	% Daily Value *	
Total Fat 2g		3%
Saturated Fat	0.5g 2	2.5%
Trans Fat 0.5	g	
Cholesterol 5m	g	2%
Sodium 60mg		3%
Total Carbohydra	ite 16g	5%
Dietary Fiber 0).75g	3%
Sugars 0g		
Protein 1.5g		
Vitamin A 0% Calcium 2%	Vitamin C Iron 4%	0%
*Percent Daily Values calorie diet. Your Daily		

or lower depending on your calorie needs.