

# Nutrition Facts

Serving Size (50g)

Servings Per Container 2

**Amount Per Serving****Calories** 210

Calories from Fat 70

**% Daily Value\*****Total Fat** 7g **11%**Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%****Sodium** 120mg **5%****Total Carbohydrate** 30g **10%**Dietary Fiber 4g **16%**

Sugars 6g

**Protein** 8g **16%**

Vitamin A 6% • Vitamin C 10%

Calcium 4% • Iron 15%

\*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