

Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: about 2

Amount Per Serving**Calories 90**

Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 20mg **7%****Sodium 390mg** **16%****Total Carbohydrate 9g** **3%**Dietary Fiber 0g **0%**

Sugars 8g

Protein 10g **20%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g