

09/25/2014

Nutrition Facts	
Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 270mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 8%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

