

09/25/2014

Nutrition Facts	
Serving Size (82g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 280mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 11g	
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	

