

Nutrition Facts

Serving Size 1 2/5 oz (40 g/1.4 oz)

Servings Per Container 1

Amount Per Serving

Calories 210 **Calories from Fat** 130

% Daily Value*

Total Fat 15g **23 %**

Saturated Fat 2g **10 %**

Trans Fat 0g

Cholesterol 0mg **0 %**

Sodium 70mg **3 %**

Total Carbohydrate 15g **5 %**

Dietary Fiber 5g **18 %**

Sugars 7g

Protein 7g **14 %**

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 15%

Vitamin E 35% • Niacin 10%

Vitamin B6 8% • Folate 8%

Copper 20% • Magnesium 25%

Phosphorus 20% • Zinc 20%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4