

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container Variable

Amount Per Serving

Calories 160 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 160mg **7%**

Total Carbohydrate 33g **11%**

Dietary Fiber 1g **4%**

Sugars 30g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 15% • Iron 4%

*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