

Nutrition Facts

Serving Size 1 (121g)

Serving Per Container 1

Amount Per Serving

Calories 300

Calories from Fat 100

%Daily Value*

Total Fat 11g **17%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol less than 5 mg **2%**

Sodium 300mg **13%**

Total Carbohydrate 40g **13%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 10g **20%**

Vitamin A 2%

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Vitamin C 2%

Calcium 15%

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Iron 10%

* 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