

Nutrition Facts

Serving Size 1 (59g)

Serving Per Container 12

Amount Per Serving

Calories 180

Calories from Fat 140

%Daily Value*

Total Fat 16g **24%**

Saturated Fat 4.0g **21%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 180mg **8%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 7g **13%**

Vitamin A 2%

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Vitamin C 0%

Calcium 10%

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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