

Nutrition Facts

Serving Size 1 (204g)
Serving Per Container 6

Amount Per Serving

Calories 210

Calories from Fat 25

%Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 2.0g **9%**

Trans Fat 5g

Cholesterol 185mg **62%**

Sodium 570mg **24%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 13g **26%**

Vitamin A 20% • Vitamin C 4%

Calcium 20% • 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 |