

Nutrition Facts

Serving Size 1 (193g)
Serving Per Container 4

Amount Per Serving

Calories 310

Calories from Fat 80

%Daily Value*

Total Fat 9g **13%**

Saturated Fat 3.5g **18%**

Trans Fat 8g

Cholesterol 280mg **94%**

Sodium 150mg **6%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **13%**

Sugars 2g

Protein 14g **27%**

Vitamin A 45%

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Vitamin C 45%

Calcium 15%

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Iron 15%

* 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