

Nutrition Facts

Serving Size 1 (152g)

Serving Per Container 4

Amount Per Serving

Calories 310

Calories from Fat 90

%Daily Value*

Total Fat 10g **16%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 43g **14%**

Dietary Fiber 9g **35%**

Sugars 8g

Protein 14g **28%**

Vitamin A 110% • Vitamin C 10%

Calcium 8% • 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