

Nutrition Facts

Serving Size: 1 cup (113g)

Servings per container: 6

Amount Per Serving

Calories 320 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **27%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 570mg **24%**

Total Carbohydrate 30g **10%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 20g

Vitamin A 6% • Vitamin C 2%

Calcium 10% • 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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4