

Nutrition Facts

Serving Size: 1 cup (113g)

Servings per container: 8

Amount Per Serving

Calories 270 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 80mg **26%**

Sodium 230mg **10%**

Total Carbohydrate 37g **12%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 13g

Vitamin A 10% • **Vitamin C 0%**

Calcium 15% • **Iron 20%**

*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