

# Nutrition Facts

Serving Size: 1 cup (113g)

Servings per container: 4

## Amount Per Serving

**Calories** 240      Calories from Fat 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 2g      **10%**

**Cholesterol** 60mg      **20%**

**Sodium** 390mg      **16%**

**Total Carbohydrate** 30g      **10%**

Dietary Fiber 2g      **6%**

Sugars 0g

**Protein** 17g

Vitamin A 15% • Vitamin C 2%

Calcium 8% • Iron 8%

\*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