

Nutrition Facts

Serving Size 2 shells (150g)

Servings Per Container about 4.5

Amount Per Serving

Calories 320 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 590mg **25%**

Total Carbohydrate 38g **13%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 18g

Vitamin A 10% • Vitamin C 2%

Calcium 30% • 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