

Nutrition Facts

Serving Size 1 (53g)

Serving Per Container 12

Amount Per Serving

Calories 160

Calories from Fat 80

%Daily Value*

Total Fat 8g **13%**

Saturated Fat 2.0g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 3g **5%**

Vitamin A 2%

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Vitamin C 0%

Calcium 15%

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Iron 6%

* 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