

NUTRITION FACTS

Serving Size 1 piece (40 g)

Serving Per Container : about 6

Calories 130

Calories from Fat 70

* Percent of a
Daily Values are
based on a
2,000 calorie
diet.Your daily
values may vary
higher or lower
depending on
your calorie
needs.

Amount/serving		%DV*	Amount/serving		%DV*
Total Fat	8 g	13%	Total Carbohydrate	5 g	2%
Sat Fat	5 g	26%	Dietary Fiber	12 g	50%
Trans Fat	0 g		Sugars	2 g	
Cholesterol	0 mg	0%	Protein	10 g	
Sodium	340 mg	14%			
Vitamin A		0%	Vitamin C		0%
Calcium		6%	Iron		85%
			Calories	2,000	2,500
Total Fat		Less than	65 g		80 g
Sat. Fat		Less than	20 g		25 g
Cholesterol		Less than	300 mg		300 mg
Sodium		Less than	2,400 mg		2,400 mg
Total Carbohydrate			300 g		375 g
Dietary Fiber			25 g		30 g

Calories per gram :

Fat 9 • Carbohydrate 4 • Protein 4