

# Nutrition Facts

Serving Size 1 piece (40 g)

Servings per container: about 2

**Calories** 200

Calories from Fat 140

**Amount per serving**

**% Daily Value\***

**Total Fat** 15g **24%**

Saturated Fat 9g **47%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 12g **4%**

Dietary fiber 9g **35%**

Sugars 14g

**Protein** 3g

**Vitamin A** 0%

**Vitamin C** 0%

**Calcium** 2%

**Iron** 8%

\* Percents of a Daily Value are based on a 2,000 Calories diet.  
Your daily values may vary higher or lower depending on your  
calories 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     |

1g Fat = 9 Calories / 1g Carbohydrates = 4 Calories

1g Protein = 4 Calories