

Nutrition Facts

Serving Size 1 piece (40 g)

Servings per container: about 2

Calories 210

Calories from Fat 140

Amount per serving

% Daily Value*

Total Fat 16g **24%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 14g **5%**

Dietary fiber 7g **27%**

Sugars 15g

Protein 3g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 4%

* 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