Nutrition Facts

Serving Size 2.0 oz (56.5g)
Servings Per Container 24

Amount Per Serving

Calories 210	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	**12%**
Sugars 16g	
Protein 8g	

Vitamin A 10%	•	Vitamin C 0%
Calcium 4%	•	Iron 11%

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4