

Nutrition Facts

Serving Size 2/3 cup (113g)

Servings Per Container about 3.5

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 130mg **5%**

Total Carbohydrate 21g **7%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 5g

Vitamin A 6% • Vitamin C 4%

Calcium 8% • Iron 0%

* 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4