

Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))

Servings per container 11

Amount Per Serving

Calories 201 Calories from Fat 178

% Daily Value*

Total Fat 21g 33%

Saturated Fat 3g 17%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 10%

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 1%

Calcium 2% • Iron 6%

*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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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