

Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 2

Amount Per Serving

Calories 220 Calories from Fat 100

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 540mg **23%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **7%**

Sugars 2g

Protein 5g

Vitamin A 2% • Vitamin C 25%

Calcium 8% • Iron 2%

* 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 • Carbohydrates 4 • Protein 4