

Nutrition Facts

Serving Size 1/4 Cup (55 g)

Servings Per Container About 10

Amount Per Serving

Calories 70 **Calories from Fat** 10

%Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 340mg **14%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 9g **17%**

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

*Percentage 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
Saturated 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
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4