Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	**Calories from Fat** 110
	% Daily Value*
Total Fat 12 g	**18%**
Saturated Fat 3 g	**15%**
Cholesterol 30 mg	**10%**
Sodium 470 mg	**20%**
Total Carbohydrate 31 g	**10%**
Dietary Fiber 0 g	**0%**
Sugars 5 g	
Protein 5g	

Vitamin A 4%	•	Vitamin C 2%	
Calcium 20%	•	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs:

	Calories	2,000	2,500
Total Fat	Less than	85 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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