

Nutrition Facts

Serving Size 100 grams (100 grams)

Servings per container 25g

Amount Per Serving

Calories 584

Calories from Fat 431

% Daily Value*

Total Fat 51g 79%

Saturated Fat 4g 22%

Trans Fat

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 9g 34%

Sugars 3g

Protein 21g

Vitamin A 1% • Vitamin C 2%

Calcium 8% • Iron 29%

*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