Nutrition Facts

Serving Size 100 grams (100 grams)
Servings per container 25g

Amount Per Serving

Calories 567	Calories from Fat 412
	% Daily Value*
Total Fat 49g	76%
Saturated Fat 7g	34%
Trans Fat	
Cholesterol 0mg	0%
Sodium 18mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 8g	34%
Sugars 4g	
Protein 26g	

Vitamin A	0%	• Vitamin C	0%
Calcium	9%	• Iron	25%

*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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