

Nutrition Facts

Serving Size 100 grams (100 grams)

Servings per container 25g

Amount Per Serving

Calories 646 Calories from Fat 522

% Daily Value*

Total Fat 62g 96%

Saturated Fat 5g 23%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 9g 38%

Sugars 5g

Protein 15g

Vitamin A 1% • Vitamin C 6%

Calcium 12% • Iron 24%

*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