

Nutrition Facts

Serving Size (82g)
Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 380mg **16%**

Total Carbohydrate 40g **13%**

Dietary Fiber 1g **5%**

Sugars 10g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 10%

*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
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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

00379 Cinnamon FTO

2/3/2005