

# Nutrition Facts

Serving Size (71g)  
Servings Per Container

## Amount Per Serving

**Calories 200**      Calories from Fat 45

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 20mg**      **7%**

**Sodium 240mg**      **10%**

**Total Carbohydrate 35g**      **12%**

Dietary Fiber 1g      **5%**

Sugars 8g

**Protein 5g**

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

**01249**

11/13/2006