

Nutrition Facts

Serving Size (100g)

Servings Per Container Varied

Amount Per Serving

Calories 300

Calories From Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 75g 25%

Dietary Fiber 12g 48%

Sugars 2g

Protein 10g

Vitamin A 0%

Vitamin C 8%

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