

# Nutrition Facts

Serving Size 1 Cup (223g)

Serving Per Container 2

Amount Per Serving

**Calories** 250

Calories from Fat 120

**% Daily Value \***

**Total Fat** 13g

10%

Saturated Fat 5g

25%

*Trans* Fat 2g

**Cholesterol** 20 mg

10%

**Sodium** 60 mg

28%

**Total Carbohydrate** 21g

10%

Dietary Fiber 0g

0%

Sugars 5g

**Protein** 5g

Vitamin A 4%

Vitamin C 2%

Calcium 15%

Iron 4%

\*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

2,400 mg