

Nutrition Facts

Serving Size 1/2 Cup (138g)

Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat** 70

% Daily Value*

Total Fat 7* **11%**

Saturated Fat 5* **24%**

Trans Fat 0*

Cholesterol 0{ * **1%**

Sodium 660{ * **28%**

Total Carbohydrate 17* **6%**

Dietary Fiber 2* **9%**

Sugars 4*

Protein 3*

Vitamin A 4Ã • Vitamin C 6Ã

Calcium 6Ã • Iron 4Ã

* 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 |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4