

Nutrition Facts

Serving Size 1 Cup (240g)

Servings Per Container 3

Amount Per Serving

Calories 370 Calories from Fat 150

% Daily Value*

Total Fat 16* **25%**

Saturated Fat 9* **47%**

Trans Fat .5*

Cholesterol 50* **16%**

Sodium 1230{ * **51%**

Total Carbohydrate 38{ * **73%**

Dietary Fiber 1* **5%**

Sugars 5*

Protein 18*

Vitamin A 15Ã • Vitamin C 0

Calcium 40Ã • Iron 8Ã

* 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