



Nutrition Facts

Serving Size 28g
Servings Per Container 12

Amount Per Serving		
Calories 100	Calories From Fat 0	% Daily Value *
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 170mg		7%
Total Carbohydrates 20g		7%
Dietary Fiber 1g		4%
Soluble Fiber		
Sugars 0g		0%
Protein 3g		0%
Vitamin A 30%	Vitamin C 0%	
Calcium 20%	Iron 50%	
Thiamin 45%	Fiboflavin 40%	
Niacin 45%	Vitamin B6 40%	
Phosphorus 0%	Zinc 0%	

* Percent Daily values are based on a 2,000 calorie diet. Your daily value 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