



## Nutrition Facts

Serving Size 1 package  
Servings Per Container 30

### Amount Per Serving

**Calories** 270    Calories from Fat 160

### % Daily Value\*

**Total Fat** 17g                      **26%**

Saturated Fat 5g                      **25%**

Trans Fat 0g

**Cholesterol** 0mg                      **0%**

**Sodium** 110mg                      **5%**

**Total Carbohydrate** 27g                      **9%**

Dietary Fiber 3g                      **12%**

Sugars 20g

**Protein** 8g                              **16%**

Vitamin A 0%                      •                      Vitamin C 0%

Calcium 4%                      •                      Iron 6%

\*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