Nutrition Facts

Serving Size 1 oz. (28g about 1/4 cup)
Servings Per Container: 16

Amount Per Serving

Calories 160 Calories from Fat 120

	% Daily Value*
Total Fat 14g	**21**%
Saturated Fat 2g	**10**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 5mg	**0**%
Total Carbohydrate 5g	**2**%
Dietary Fiber 2g	**10**%
Sugars 1g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*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