

# Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))

## Amount Per Serving

**Calories** 150

Calories from Fat 99

### % Daily Value\*

**Total Fat** 12g 18%

Saturated Fat 1g 5%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 8mg 0%

**Total Carbohydrate** 8g 3%

Dietary Fiber 8g 31%

Sugars 0g

**Protein** 5g

Vitamin A 0% • Vitamin C 0%

Calcium 7% • Iron 9%

\*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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4