

Nutrition Facts

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

Amount Per Serving

Calories 137

Calories from Fat 72

% Daily Value*

Total Fat 9g 13%

Saturated Fat 1g 4%

Trans Fat

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 11g 42%

Sugars

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 18% • Iron 0%

*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

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