

# Nutrition Facts

Serving Size 1 (311 g)

Servings per container 4

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## Amount Per Serving

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**Calories** 352

Calories from Fat 116

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### % Daily Value\*

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**Total Fat** 13g 20%

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Saturated Fat 8g 40%

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Trans Fat 0g

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**Cholesterol** 47mg 16%

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**Sodium** 212mg 9%

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**Total Carbohydrate** 47g 16%

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Dietary Fiber 7g 26%

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Sugars 27g

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**Protein** 15g

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Vitamin A 10% • Vitamin C 14%

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Calcium 24% • Iron 8%

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\*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

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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