

Nutrition Facts

Serving Size 4 1/8 oz (117g)

Servings per Container 16

Amount per Serving

Calories 440 **Calories from Fat** 210

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 9g **45%**

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 8g

Cholesterol 40mg **13%**

Sodium 140mg **6%**

Total Carbohydrate 53g **18%**

Dietary Fiber 2g **10%**

Soluble Fiber 0g

Sugars 38g

Protein 6g

Vitamin A 6% • Vitamin C 0%

Calcium 6% • 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	

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4