



Nutritional Information Per 100 Grams
#ART11-NS Natural Mango Artisan Flavor

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
+ ART#11-NS	1 Serving		100.00	340.28	0.29	0.10
Total	1 Serving		100.00	340.28	0.29	0.10
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
+ ART#11-NS	0.03	0.13	71.00	0.42	67.68	61.67
Total	0.03	0.13	71.00	0.42	67.68	61.67
Item Name	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
+ ART#11-NS	0.33	0.01	71.07	0	5.02	0.07
Total	0.33	0.01	71.07	0	5.02	0.07
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
+ ART#11-NS	78.03	34.90	0.19	0	0	21.31
Total	78.03	34.90	0.19	0	0	21.31

01/19/2023

Nutrition Facts	
servings per container	
Serving size	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 71g	26%
Dietary Fiber 0g	0%
Total Sugars 68g	
Includes 62g Added Sugars	124%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 78mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	