

Nutritional Information Per 100 Grams

ART#32-NS Artisan Guava Flavor

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ ART#32-NS	100	Gram	100.00	223.97	0.03	0.03	0.02	0.02
Total			100.00	223.97	0.03	0.03	0.02	0.02

Item Name	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
+ ART#32-NS	53.31	0.53	21.27	14.44	1.09	48.93	77.64	0
Total	53.31	0.53	21.27	14.44	1.09	48.93	77.64	0

Item Name	Calc (mg)	Iron (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)	Fol_Acid (mcg)
+ ART#32-NS	5.58	0.27	39.45	43.91	0.20	0.03	1.36	0
Total	5.58	0.27	39.45	43.91	0.20	0.03	1.36	0

Item Name	Pot (mg)
+ ART#32-NS	17.66
Total	17.66

ART#32-NS
07/29/2019

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 53g	19%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 14g Added Sugars	30%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 18mg	0%
*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	