

- Nutritional Information

Cha Cha Chia

Nutrition Facts	
Serving Size 28g (~1 oz.) (Approx. 16.2 Servings/Pound)	
Amount Per Serving	
Calories	120
Calories From Fat	50
* Percent Daily Values are based on a 2,000 calorie diet.	

% Daily Value *		% Daily Value *	
Total Fat 8g	12%	Total Carbohydrate 13g	4%
Saturated Fat 2g	9%	Dietary Fiber 2g	6%
Cholesterol 0mg	0%	Sugars 10g	
Sodium 10mg	0%	Protein 4g	
Vitamin A 0%	Calcium 2%	Vitamin C 9%	Iron 6%