

# Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container about 4.5

**Amount Per Serving**

**Calories 90** **Calories From Fat 0**

% Daily Value\*

**Total Fat 0g** **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 19g** **6%**

Dietary Fiber 2g **6%**

Sugars 14g

**Protein 2g**

Vitamin A 60% Vitamin C 6%

Calcium 2% Iron 6%

\*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
Saturated 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 Carbohydrate 4 Protein 4

Last Changed **3/15/2018**