



## Nutrition Facts

Serving Size 1 Bowl (69g)

Servings Per Container 1

Amount Per Serving

**Calories** 290 Calories from Fat 110

% Daily Value\*

**Total Fat** 13g **19%**

Saturated Fat 3.5g **17%**

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

**Sodium** 260mg **11%**

**Total Carbohydrate** 42g **14%**

Dietary Fiber 5g **20%**

Sugars 9g

**Protein** 7g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 6%

\*Percent Daily Values are based on a diet of 2,000 calories. 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