



Nutrition Facts

Serving Size **15 Pieces (30g)**
Servings Per Container **About 2**

Amount Per Serving	Per Serving	Per Package
Calories	130	230
Calories from Fat	15	30
	%DV*	%DV*
Total Fat	2g 3%	3.5g 5%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	75mg 3%	140mg 6%
Total Carbohydrate	25g 8%	47g 16%
Dietary Fiber	<1g 2%	1g 4%
Sugars	8g	15g
Protein	2g	4g
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	0%	0%
Iron	4%	10%

*Percent Daily Values (DV) 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
Sat. 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