

# Nutrition Facts

Serving Size about 3.5 pcs (30g)

Servings Per Container

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**Amount Per Serving**

**Calories** 140

Calories From Fat

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% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 75mg 3%

**Potassium** 15mg 0%

**Total Carbohydrate** 23g 8%

Dietary Fiber 27g 96%

Sugars 15g

**Protein** 1g

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Vitamin A % Vitamin C %

Calcium 0% Iron 0%

\*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 **11/9/2017**