

Amish Macaroni Salad Mix
Dutch Valley Foods
March 4, 2009

Nutrition Facts

Serving Size 2/3 cup (prepared) (140g)

Servings Per Container

Amount Per Serving

Calories 520

Calories from Fat 200

% Daily Value*

Total Fat 22g 34%

Saturated Fat 3g 16%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 390mg 16%

Total Carbohydrate 67g 22%

Dietary Fiber 3g 10%

Sugars 11g

Protein 11g

Vitamin A 2% • Vitamin C 30%

Calcium 2% • Iron 15%

*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