

# Nutrition Facts

Serving Size 1oz (28g)

Servings Per Container about 4.5

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## Amount Per Serving

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**Calories** 80

Calories From Fat 0

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% Daily Value\*

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**Total Fat** 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

**Cholesterol** 0mg

0%

**Sodium** 0mg

0%

**Total Carbohydrate** 19g

6%

Dietary Fiber 1g

4%

Sugars 14g

**Protein** 1g

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Vitamin A 8%

Vitamin C 2%

Calcium 2%

Iron 10%

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\*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

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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

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Calories Per Gram

Fat 9

Carbohydrate 4

Protein 4