

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 16 **Calories from Fat** 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0%

Trans Fat

Cholesterol 0%

Sodium 25mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 1g

Vitamin A 150% • **Vitamin C** 6%

Calcium 3% • **Iron** 7%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4