

Nutrition Facts

Serving Size 1/16 of recipe 92g (92 g)

Servings per container 2

Amount Per Serving

Calories 320

Calories from Fat 106

% Daily Value*

Total Fat 12g 19%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 18mg 6%

Sodium 36mg 2%

Total Carbohydrate 42g 14%

Dietary Fiber 5g 19%

Sugars 24g

Protein 14g

Vitamin A 2% • Vitamin C 1%

Calcium 11% • 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
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

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