

Nutrition Facts

Serving Size 100g

Servings Per Container 4.5

Amount Per Serving

Calories 194 Calories from Fat 110

% Daily Value*

Total Fat 12g %

Saturated Fat 1g %

Trans Fat 0g

Omega-6 4g

Omega-3 1.5g

Cholesterol 0g **0%**

Sodium 0g **0%**

Total Carbohydrate 18mg **6.5%**

Dietary Fiber 7g **21%**

Sugars 2g

Protein 11g

Vitamin A 1% • Vitamin C 0%

Calcium 6% • Iron 32%

Vitamin D 0% • Niacin 18%

Thiamin 35% • Riboflavin 132%

Vitamin B6 0% • Vitamin B12

Folate • Vitamin E 63%

Magnesium 64% • Zinc 26%

* 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
Dietary Fiber		25g	30g