

Nutrition Facts

Serving Size 1/15 of recipe 91g (90 g)

Servings per container 15

Amount Per Serving

Calories 199

Calories from Fat 87

% Daily Value*

Total Fat 9g 15%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 43mg 14%

Sodium 211mg 9%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 13%

Sugars 2g

Protein 8g

Vitamin A 8% • Vitamin C 3%

Calcium 11% • Iron 10%

*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