

# Nutrition Facts

Serving Size 100g

Servings Per Container

## Amount Per Serving

**Calories** 170      Calories from Fat 90

**% Daily Value\***

**Total Fat** 10g      **16%**

Saturated Fat 3.5g      **17%**

*Trans* Fat 0g

**Cholesterol** 65mg      **22%**

**Sodium** 95mg      **4%**

**Total Carbohydrate** 0g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 17g

Vitamin A 0%

• Vitamin C 0%

Calcium 0%

• Iron 6%

\* 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     |

Calories per gram:

Fat 9      \*      Carbohydrate 4      \*      Protein 4