

# Nutrition Facts

Serving Size 1/10 of recipe 81g (81 g)

Servings per container 10

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## Amount Per Serving

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**Calories** 80

Calories from Fat 59

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### % Daily Value\*

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**Total Fat** 7g 10%

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Saturated Fat 1g 6%

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Trans Fat 0g

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**Cholesterol** 2mg 1%

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**Sodium** 278mg 12%

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**Total Carbohydrate** 4g 1%

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Dietary Fiber 1g 6%

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Sugars 2g

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**Protein** 3g

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Vitamin A 11% • Vitamin C 11%

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Calcium 5% • Iron 7%

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\*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     |

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4