

Nutrition Facts

Serving Size 1/16 of recipe 63g (63 g)

Servings per container 16

Amount Per Serving

Calories 111

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 11%

Trans Fat

Cholesterol 14mg 5%

Sodium 99mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 2%

Sugars 1g

Protein 4g

Vitamin A 2% • Vitamin C 1%

Calcium 7% • Iron 3%

*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