

# Nutrition Facts

Serving size: 1/4 cup (30g)

Servings per container: 378

Calories 200 Calories from fat 180

Amount per serving

% daily value\*

Total Fat 20g 31%

Saturated Fat 1.5g 10%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 135 mg 4%

Total Carbohydrates 4g 1%

Dietary Fibre 2g 8%

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4%

\* Percent daily values 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
Potassium		3,500mg	3,500mg
Total Carbohydrates		300g	375g
Dietary Fibre		25g	30g