

Nutrition Facts

3 servings per container

Serving size

1 Section(20g)

	1 Serving	1 Pkg.
Calories	100	310
	% Daily Value*	% Daily Value*
Total Fat	7g 9%	22g 28%
Saturated Fat	1g 5%	3.5g 18%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	5mg 0%	20mg 1%
Total Carbohydrate	8g 3%	24g 9%
Dietary Fiber	1g 4%	4g 14%
Total Sugars	5g	15g
Includes Added Sugars	5g 10%	15g 30%
Protein	3g	8g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	8mg 0%	24mg 2%
Iron	1mg 6%	2mg 10%
Potassium	45mg 0%	135mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.