

31.25.01 Natural Peanut Square

05/12/2010

Nutrition Facts	
Serving Size About 6 Pieces (30g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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
Saturated 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	

INGREDIENTS: Peanuts, Brown Rice Syrup, Corn Oil, Sugar, Sea Salt.

May Contain Soy, Tree Nuts, Wheat, Milk.

Low sodium
 Good source of protein
 Good source of vitamin E
 Good source of vitamin B1
 Good source of vitamin B3
 Good source of folate
 Good source of copper
 Good source of magnesium