

# Nutrition Facts

Serving Size 3 oz (Approx. 8 pieces)

Servings Per Container : Approx. 5

## Amount Per Serving

Calories 220                      Calories from Fat 90

% Daily Value\*

<b>Total Fat</b>	10g	15%
Saturated Fat	1.5g	7%
Trans Fat	0g	
<b>Cholesterol</b>	66mg	22%
<b>Sodium</b>	450g	18%
<b>Total Carbohydrate</b>	22g	7%
Dietary Fiber	1g	4%
Sugars	0g	
<b>Protein</b>	11g	

Vitamin A 2%                      Vitamin C                      2%

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	81g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	31g

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4