

Nutrition Facts

Serving Size Custom Food 28g (28 g)

Servings per container 1

Amount Per Serving

Calories 149

Calories from Fat 82

% Daily Value*

Total Fat 9g 14%

Saturated Fat 2g 10%

Trans Fat

Cholesterol 0%

Sodium 114mg 5%

Total Carbohydrate 11g 4%

Dietary Fiber 5g 20%

Sugars 5g

Protein 5g

Vitamin A 0% • Vitamin C 9%

Calcium 4% • Iron 10%

*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