

Nutrition Facts

2 servings per container
Serving size
(57g)

Calories

200	400
per serving	per container

	Per serving % DV*		Per container % DV*			Per serving % DV*		Per container % DV*	
Total Fat	7g	9%	14g	18%	Total Carbs.	29g	11%	58g	21%
Saturated Fat	1.5g	8%	3g	15%	Dietary Fiber	1g	4%	2g	7%
<i>Trans Fat</i>	0g		0g		Total Sugars	20g		40g	
Cholesterol	25mg	8%	50mg	17%	Incl. Added Sugars	20g	40%	40g	80%
Sodium	220mg	10%	440mg	19%	Protein	3g	6%	6g	12%
Vitamin D	0mcg	0%	0mcg	0%	Calcium	52mg	4%	104mg	8%
Iron	0.72mg	4%	1.44mg	8%	Potassium	94mg	2%	188mg	4%

*The % Daily Value (DV) 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.

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Total Fat	7g	9%	14g	18%	Total Carbs.	29g	11%	58g	21%
Saturated Fat	1.5g	8%	3g	15%	Dietary Fiber	1g	4%	2g	7%
<i>Trans Fat</i>	0g		0g		Total Sugars	20g		40g	
Cholesterol	25mg	8%	50mg	17%	Incl. Added Sugars	20g	40%	40g	80%
Sodium	220mg	10%	440mg	19%	Protein	3g	6%	6g	12%
Vitamin D	0mcg	0%	0mcg	0%	Calcium	52mg	4%	104mg	8%
Iron	0.72mg	4%	1.44mg	8%	Potassium	94mg	2%	188mg	4%

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Nutrition Facts

2 servings per container
Serving size
(57g)

Calories

220	440
per serving	per container

	Per serving % DV*		Per container % DV*			Per serving % DV*		Per container % DV*	
Total Fat	12g	15%	24g	31%	Total Carbs.	29g	11%	58g	21%
Saturated Fat	3.5g	18%	7g	35%	Dietary Fiber	1g	4%	2g	7%
<i>Trans Fat</i>	0g		0g		Total Sugars	18g		36g	
Cholesterol	25mg	8%	50mg	17%	Incl. Added Sugars	17g	34%	34g	68%
Sodium	260mg	11%	520mg	23%	Protein	3g	6%	6g	12%
Vitamin D	0mcg	0%	0mcg	0%	Calcium	59mg	4%	118mg	10%
Iron	1mg	6%	2mg	10%	Potassium	159mg	4%	318mg	6%

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Nutrition Facts

2 servings per container

Serving size

57 grams (57g)

Calories

180

per serving

360

per container

	Per serving % DV*		Per container % DV*			Per serving % DV*		Per container % DV*	
Total Fat	6g	8%	12g	15%	Total Carbs.	27g	10%	54g	20%
Saturated Fat	2.25g	11%	4.5g	23%	Dietary Fiber	< 1g	2%	1g	4%
Trans Fat	0g		0g		Total Sugars	16g		32g	
Cholesterol	20mg	7%	40mg	13%	Incl. Added Sugars	14g	28%	28g	56%
Sodium	210mg	9%	420mg	18%	Protein	2g	4%	4g	8%
Vitamin D	0mcg	0%	0mcg	0%	Calcium	52mg	4%	104mg	8%
Iron	0.36mg	2%	0.72mg	4%	Potassium	94mg	2%	188mg	4%

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