

# Nutrition Facts

Serving Size 100 grams (100 grams)

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## Amount Per Serving

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**Calories** 141

Calories from Fat 82

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### % Daily Value\*

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**Total Fat** 10g 15%

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Saturated Fat 2g 10%

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Trans Fat

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**Cholesterol** 8mg 3%

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**Sodium** 31mg 1%

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**Total Carbohydrate** 10g 3%

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Dietary Fiber 5g 19%

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Sugars 4g

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**Protein** 5g

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Vitamin A 1% • Vitamin C 15%

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Calcium 15% • Iron 2%

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\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.