Amount Per Serving  Calories  **Daily Value*  Total Fat 5g  Saturated Fat 1.029g  **Trans* Fat 0.048g  Polyunsaturated Fat 2g  Monounsaturated Fat 1.195g  Cholesterol 35mg  Sodium 50mg  Total Carbohydrate 15g  Dietary Fiber 6g  Total Sugars 9g  160  **Total Office Serving**  **	Nutrition F	acts
Amount Per Serving  Calories  **Daily Value*  Total Fat 5g  Saturated Fat 1.029g  **Trans* Fat 0.048g  Polyunsaturated Fat 2g  Monounsaturated Fat 1.195g  Cholesterol 35mg  Sodium 50mg  Total Carbohydrate 15g  Dietary Fiber 6g  Total Sugars 9g  160  **Daily Value*  **Colories**  **	6 servings per container	
Calories           Total Fat 5g         66           Saturated Fat 1.029g         56           Trans Fat 0.048g         Polyunsaturated Fat 2g           Monounsaturated Fat 1.195g         Cholesterol 35mg           Cholesterol 35mg         126           Sodium 50mg         26           Total Carbohydrate 15g         56           Dietary Fiber 6g         216           Total Sugars 9g	Serving size	1 cup
% Daily Value   Total Fat 5g   69     Saturated Fat 1.029g   59     Trans Fat 0.048g     Polyunsaturated Fat 2g     Monounsaturated Fat 1.195g     Cholesterol 35mg   129     Sodium 50mg   29     Total Carbohydrate 15g   50     Dietary Fiber 6g   219     Total Sugars 9g	Amount Per Serving	400
Total Fat 5g         66           Saturated Fat 1.029g         56           Trans Fat 0.048g         Polyunsaturated Fat 2g           Monounsaturated Fat 1.195g         126           Cholesterol 35mg         126           Sodium 50mg         26           Total Carbohydrate 15g         56           Dietary Fiber 6g         216           Total Sugars 9g	Calories	160
Saturated Fat 1.029g       56         Trans Fat 0.048g       Polyunsaturated Fat 2g         Monounsaturated Fat 1.195g       Cholesterol 35mg         Cholesterol 35mg       126         Sodium 50mg       26         Total Carbohydrate 15g       56         Dietary Fiber 6g       216         Total Sugars 9g		% Daily Value*
Trans Fat 0.048g         Polyunsaturated Fat 2g         Monounsaturated Fat 1.195g         Cholesterol 35mg         Sodium 50mg         Total Carbohydrate 15g         Dietary Fiber 6g         Total Sugars 9g	Total Fat 5g	6%
Polyunsaturated Fat 2g Monounsaturated Fat 1.195g  Cholesterol 35mg 129  Sodium 50mg 29  Total Carbohydrate 15g 59  Dietary Fiber 6g 219  Total Sugars 9g	Saturated Fat 1.029g	5%
Monounsaturated Fat 1.195g           Cholesterol 35mg         125           Sodium 50mg         25           Total Carbohydrate 15g         55           Dietary Fiber 6g         215           Total Sugars 9g	Trans Fat 0.048g	
Cholesterol 35mg         126           Sodium 50mg         25           Total Carbohydrate 15g         56           Dietary Fiber 6g         216           Total Sugars 9g	Polyunsaturated Fat 2g	
Sodium 50mg         26           Total Carbohydrate 15g         59           Dietary Fiber 6g         219           Total Sugars 9g	Monounsaturated Fat 1.195g	
Total Carbohydrate 15g 59 Dietary Fiber 6g 219 Total Sugars 9g	Cholesterol 35mg	12%
Dietary Fiber 6g 219 Total Sugars 9g	Sodium 50mg	2%
Total Sugars 9g	Total Carbohydrate 15g	5%
	Dietary Fiber 6g	21%
Includes On Added Sugars 09	Total Sugars 9g	
illoludes by Added Sugars U	Includes 0g Added Sugars	0%

\*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.

32%

0%

4%

10%

20%

Protein 16g

Calcium 65mg

Iron 1.879mg

Vitamin D 0.116mcg

Potassium 856mg