

# Nutrition Facts

Serving size 1 2-inch square

Amount Per Serving

**Calories** **210**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0.5g

**Cholesterol** < 5mg **1%**

**Sodium** 135mg **6%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 6g **21%**

Total Sugars 11g

Includes 7g Added Sugars **14%**

**Protein** 6g **12%**

Vitamin D 0mcg **0%**

Calcium 404mg **30%**

Iron 12mg **70%**

Potassium 200mg **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.