

Nutrition Facts

Serving Size

2 oz. (56g 1/8 box)

Servings per Container 8

Calories 200

Calories from Fat 10

Amount per Serving % Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Vitamin A: 0% - Vitamin C: 0% - Calcium: 0% - Iron: 10% - Thiamin: 35% - Riboflavin: 15%

Niacin: 20% - Folic acid: 30%

Amount per Serving % Daily Value*

Total Carbohydrate 41g **14%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 7g

* 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
Dietary Fiber		25g	30g

Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4