

# Nutrition Facts

Serving Size 100 grams (100g)

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## Amount Per Serving

**Calories** 122      Calories from Fat 56

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## % Daily Value\*

**Total Fat** 7g 10%

Saturated Fat 1g 5%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 14mg 1%

**Total Carbohydrate** 10g 3%

Dietary Fiber 1g 4%

Sugars

**Protein** 13g

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Vitamin A 0% • Vitamin C 26%

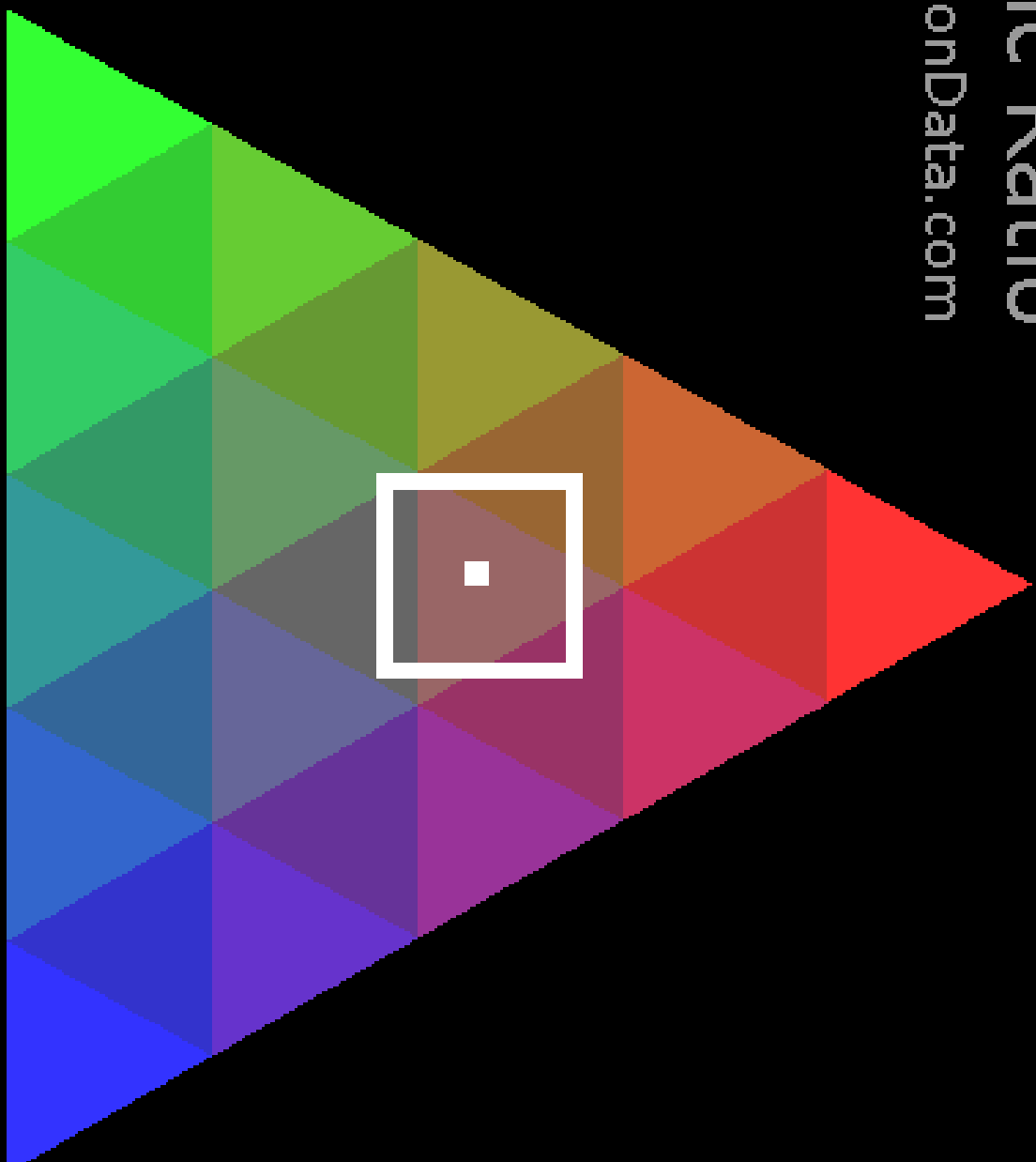
Calcium 7% • Iron 12%

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

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# Caloric Ratio

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28

%Carbs

46

%Fats

26

%Protein