Nutrition Facts

Serving Size About 1/4 Pint (100 grams)
Servings per container About 4

Amount Per Serving

Calories 236 Calories from Fat 139

	% Daily Value*
Total Fat 16g	24%
Saturated Fat 9g	47%
Trans Fat 0g	
Cholesterol 102mg	34%
Sodium 55mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 4g	

Vitamin A	13%	• Vitamin C	1%
Calcium	13%	• Iron	1%

*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
Fiber		25g	30g

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

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