

Nutrition Facts

Serving Size 1 cup (4 oz)

Serving Per Container 3

Amount Per Serving

Calories 75 Calories from Fat 27

	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
Total Carbohydrate 10 g	3%
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	

Vitamin A 80% - Vitamin C 60% - Calcium 4% - Iron 4%

* 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

碳水化合物总量表示1份食物里面有多少克的碳水化合物。

纤维从总碳水化合物中除去。

碳水化合物净含量为