

**Medium-Size  
Package Label**

**Nutrition Facts**

Serv. Size 1 cup (253 g)  
Servings Per Container 4

**Amount Per Serving**

**Calories** 260 Fat Cal. 70

**% Daily Value\***

**Total Fat** 8g 13%

Sat. Fat 3g 17%

**Cholesterol** 130mg 44%

**Sodium** 1010mg 42%

**Total Carb.** 22g 7%

Fiber 9g 36%

Sugars 4g

**Protein** 25g

Vitamin A 35% • Vitamin C 2%

Calcium 6% • Iron 30%

\*Percent Daily Values are based  
on a 2,000 calorie diet.

(Consult FDA regulation for  
specific requirements on type  
size, spacing and other graphic  
elements.)