Nutrition Facts

Serving Size 1 cup, cubes 150g (150 g)

Amount Per Serving

Calories 240 Calories from Fat 184

	% Daily Value*
Total Fat 22g	34%
Saturated Fat 3g	16%
Trans Fat	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 10g	40%
Sugars 1g	
Protein 3g	

Vitamin A	4%	• Vitamin C	25%
Calcium	2%	• Iron	5%

*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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