

## tabella americana

### Nutrition Facts

Serving Size 2 oz (56g) dry  
( 1/4 of the package)  
Servings Per Container 4

#### Amount Per Serving

**Calories 210** Calories from Fat 20

**% Daily Value\***

**Total Fat 2,1 g** **3,5%**

Saturated Fat 0,7 g **3,5%**

Trans Fat 0 g

**Cholesterol 98 mg** **32%**

**Sodium 28 mg** **1%**

**Total Carbohydrate 39 g** **13%**

Dietary Fiber 1,5 g **8%**

Sugar Less than 1 g **6%**

**Protein 9,2 g**

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 4%

\* Percent Daily Values are based on a 2.000 calorie diet. Your daily Values may be higher or lower depending on your calories 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 - Carbohydrates 4 - Protein 4

## tabella canadese

INFORMAZIONI NUTRIZIONALI VALIDE SOLO PER CANADA. FOR CANADA/POUR CANADA

### Nutrition Facts Valeur Nutritive

Per 1 cup (80g) / Pour 1 tasse (80g)

**Amount** **% Daily Value**  
**Teneur** **% Valeur Quotidienne**

**Calories / Calories 300**

**Fat / Lipides 3,0 g** **5%**

Saturated / Saturés 1,0 g **5%**

Trans / Trans 0 g **0%**

**Cholesterol / Cholestérol 140 mg** **47%**

**Sodium / Sodium 40 mg** **2%**

**Carbohydrate / Glucides 54 g** **18%**

Fibre / Fibres 2 g **8%**

Sugars / Sucres 1 g

**Protein / Protéines 13 g**

Vitamin A / Vitamine A **2%**

Vitamin C / Vitamine C **0%**

Iron/Fer **4%**

Calcium/Calcium **2%**