

Nutrition Facts

Serving size 1/2 cup (about 82g)
Serving Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	22%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 10%	• Vitamin C 0%
Calcium 10%	• Iron 6%

* 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

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

Change Plan

123-123-1234: Plan name

Use the table below to help you select a new plan. Additional plan features can also be configured.

	Current	Plan1
Data	500MB	2.5GB
Mobile Hotspot Capable - \$10		✓
	\$50	\$60
International Calling \$20		✓