Calories	180	
Calories From Fat	45	
Amount/serving		%DV*
Total Fat	5 g	8%
Saturated Fat	2 g	10%
Polyunsaturated Fat	1 g	
Monounsaturated	2 g	- 3
Trans Fat	0 g	-000000
Cholesterol	10 mg	3%
Sodium	250 mg	10%
Potassium	50 mg	1%
Total Carb.	24 g	8%
Dietary Fiber	15 g	60%
Sugars	2 g	
Sugar Alcohol	5 g	
Protein	20 g	40%
√itamin A		0%
√itamin C		0%
Calcium		30%
ron		0%