

Nutrition Facts

Serving Size 1 cup, shredded 80g (80 g)

Amount Per Serving

Calories 283 **Calories from Fat** 224

% Daily Value*

Total Fat 27g 41%

Saturated Fat 24g 119%

Trans Fat

Cholesterol 0mg 0%

Sodium 16mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber 7g 29%

Sugars 5g

Protein 3g

Vitamin A 0% • **Vitamin C** 4%

Calcium 1% • **Iron** 11%

*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