

# Nutrition Facts

Serving Size 1 oz (28g/3 pieces)

Servings Per Container 6

Amount Per Serving

**Calories 100**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 45mg**      **2%**

**Total Carbohydrate 15g**      **5%**

Dietary Fiber 1g      **4%**

Sugars 7g

**Protein 0g**

Vitamin A 8%      •      Vitamin C 8%

Calcium 0%      •      Iron 2%

\*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 Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS: PLANTAIN, CANOLA OIL, SALT, SPICES INCLUDING CAYENNE.**

**Made in a facility that processes nuts, wheat, and dairy.**

**Naturally Gluten Free**

**Naturally Vegan**

**Naturally Delicious**