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**Nutrition Facts** (Thaw)**Serving Size** 1 g

Amount Per Serving

**Calories** 210

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	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 3.5 g	18%
Trans Fat 0 mg	
Cholesterol 20 mg	7%
Sodium 250 mg	11%
Total Carbohydrate 29 g	11%
Dietary Fiber 0 g	0%
Sugar 14 g	26%
Protein 1 g	
Vitamin D 0.1 µg	0%
Potassium 10 mg	0%
Calcium 10 mg	0%
Iron 0.2 mg	0%

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\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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