relivables

soy nuts

dry roasted & lightly salted

Nutrition Facts

Serving Size: 28 grams
Servings Per Container: 10

Amount Per Serving	
Calories 140 Calories from Fat 60	
	% Daily Value*
Total Fat 7g	**10%**
Saturated Fat 1g	**5%**
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 7g	**28%**
Sugars 0g	
Protein 10g	**20%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 10%

*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	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9, Carbohydrates 4, Protein 4

INGREDIENTS: Non-GMO soybeans & soybean oil, salt.