

Mexican Cheese Bites



Nutrition Facts

Serving Size: about 7 pieces (60g)

Servings per Container: 4

Amount per Serving

Calories 200 Calories from Fat 110

		% Daily Value*
Total Fat	12g	19%
Saturated Fat	4.5g	22%
<i>Trans</i> Fat	0g	
Cholesterol	15mg	5%
Sodium	460mg	19%
Total Carbohydrate	12g	4%
Dietary Fiber	less than 1g	3%
Sugars	0g	
Protein	9g	

Vitamin A 4% • Vitamin C 2% • Calcium 20% • 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
Sat 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