

Nutrition Facts

Serving Size 1 cup shredded (72g)

Amount Per Serving

Calories 10

Calories from Fat 1

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 7mg **0%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **3%**

Sugars 1g

Protein 1g

Vitamin A 7% • Vitamin C 3%

Calcium 1% • 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g