

Choplets Deluxe

Nutrition Facts			
Serving Size 1 each (226g)			
Servings Per Container 1			
Amount Per Serving			
Calories	380	Calories from Fat	60
% Daily Value*			
Total Fat	18g		27%
Saturated Fat	5g		26%
Trans Fat	1g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	5g		
Cholesterol	60mg		20%
Sodium	470mg		20%
Potassium	190mg		5%
Total Carbohydrate	29g		10%
Dietary Fiber	1g		5%
Sugars	1g		
Protein	20g		
Vitamin A	10%	• Vitamin C	0%
Calcium	8%	• Iron	20%
Thiamin	15%	• Riboflavin	15%
Niacin	8%	• Vitamin B6	2%
Folacin	10%	• Vitamin B12	2%
Phosphorus	10%	• Zinc	4%
*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
Calories per gram:			
Fat	9	* Carbohydrate	4
		* Protein	4