

Palabok

Nutrition Facts			
Serving Size 8 ounces (231g)			
Servings Per Container 1			
Amount Per Serving			
Calories	290	Calories from Fat	10
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	.5g		3%
Trans Fat	0g		
Polyunsaturated Fat	2g		
Monounsaturated Fat	1.5g		
Cholesterol	15mg		6%
Sodium	540mg		23%
Potassium	180mg		5%
Total Carbohydrate	50g		17%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	10g		
Vitamin A 0% • Vitamin C 2%			
Calcium 6% • Iron 20%			
Thiamin 35% • Riboflavin 15%			
Niacin 20% • Vitamin B6 6%			
Folacin 35% • Vitamin B12 0%			
Phosphorus 15% • Zinc 8%			
*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