

Product Nutrition and Contribution



CHEESE & TRAIL MIX PLATE

Nutrition Facts

Serving Size 9.0 ounces (255.15g)
Servings Per Container 1

Amount Per Serving

Calories 560 Calories from Fat 240

% Daily Value*

Total Fat 26g 40%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 660mg 28%

Total Carbohydrate 69g 23%

Dietary Fiber 4g 16%

Sugars 38g

Protein 17g

Vitamin A 6% • Vitamin C 6%

Calcium 25% • Iron 25%

* 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
Saturated 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



Meat/Meat Alternate	2 oz
Grain/Bread	1.25 Serving
Vegetable/Fruit	3/4 cup

Allergen: Wheat, Milk