

Product Nutrition and Contribution



CHANA MASALA

Nutrition Facts

Serving Size 7 ounces (198.45g)

Amount Per Serving

Calories 240 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 590mg **25%**

Total Carbohydrate 43g **14%**

Dietary Fiber 9g **36%**

Sugars 2g

Protein 9g

Vitamin A 8% • Vitamin C 6%

Calcium 10% • Iron 6%

* 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	0 Serving
Vegetable/Fruit	1/4 cup

Allergen: **None**