

Product Nutrition and Contribution



ENERGY-2-GO POWER UP

Nutrition Facts

Serving Size 8.66 ounces (245.51g)
Servings Per Container 1

Amount Per Serving

Calories 660 **Calories from Fat** 310

% Daily Value*

Total Fat 34g **52%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 81g **27%**

Dietary Fiber 8g **32%**

Sugars 51g

Protein 15g

Vitamin A 0% • Vitamin C 8%

Calcium 15% • 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 Serving
Vegetable/Fruit	3/4 cup

Allergen:

Wheat, may contain Soy