Tabular Dual Column Display

Nutrition Facts

2 servings per container
Serving size
1 cup (255g)

Calories

220	**440**
per serving	per container

	Per serving	% DV*	Per container	% DV*
Total Fat	5g	**6%**	10g	**13%**
Saturated Fat	2g	**10%**	4g	**20%**
Trans Fat	0g		0g	
Cholesterol	15mg	**5%**	30mg	**10%**
Sodium	240mg	**10%**	480mg	**21%**
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%

	Per serving	% DV*	Per container	% DV*
Total Carb.	35g	**13%**	70g	**25%**
Dietary Fiber	6g	**21%**	12g	**43%**
Total Sugars	7g		14g	
Incl. Added Sugars	4g	**8%**	8g	**16%**
Protein	9g		18g	
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.