NUTRITIONAL FACTS

COYOTE SONG FARMS

Coyote Song Farms (3) 16oz Black Forest Mix

Nutrition Facts

Serving Size (30g)
Servings Per Container 15

Amount Per Serving	
Calories 150	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 2g	**8%**
Sugars 8g	
Protein 3g	**6%**

Vitamin A 2% • Calcium 4%

Iron 4%

*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