

nutrition facts:
serving size 1 oz (28g),
serving per container: about 4.5,
amount per serving: calories 130,
calories from fat 70,
total fat 8g (12% dv), saturated fat 1.5g (8% dv),
trans fat 0g, cholesterol 0mg (0% dv),
sodium 105mg (4% dv),
total carbohydrate 14g (5% dv),
dietary fiber 1g (4% dv), sugars 11g, protein 2g,
vitamin a (2% dv), vitamin c (0% dv),
calcium (2% dv), iron (4% dv)
percent daily values are based
on a 2,000 calorie diet

crispeak 5

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