

	40 g Reference Serving Basis		Amount /100 g Based on 40 g Reference Columns	
	Amount	% DV	Amount	
Serving Size	40 g (4 tablespoons)			
(Water)	0.28 g		0.7 g	
Calories	150		375	
Calories from Fat	60		150	
Total Fat	7 g	11	17.5 g	
Saturated Fat	4 g	21	10 g	
<i>Trans</i> Fat	0 g		0 g	
Cholesterol	0 mg	0	0.0 mg	
Sodium	105 mg	4	262.5 mg	
Total Carbohydrates	22 g	7	55 g	
Dietary Fiber	5 g	19	12.5 g	
Sugars	19 g		47.5 g	
Protein	3 g		7.5 g	
Vitamin A		0	0.0 IU	
Vitamin C		0	0.0 mg	
Calcium		2	50 mg	
Iron		30	12.8 mg	

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