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Nu	ıtri	tio	1 F	ac	ts

Appleways

1 servings per container

Serving size 1 pouch (28g) **Amount Per Serving**

120 Calories

% Daily Value Total Fat 4g 5%

Saturated Fat 0.5a 3% Trans Fat 0g 0%

Cholesterol 0mg

Sodium 70mg 3% 8% Total Carbohydrate 21q

Dietary Fiber 2a 7%

Total Sugars 8g

Includes 7g Added Sugars 14%

4%

Protein 2q

0%

Vitamin D 0mcg

0%

Calcium 10mg

Iron 1ma 6%

2% Potassium 61mg

*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.