

Appleways
Mini Vanilla Wafers, 1.0 oz

Nutrition Facts

Serving Size 1 pkg (28g)

Servings Per Container 1

Amount Per Serving

Calories 120

Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 2g **4%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Thiamin 2% • Riboflavin 0%

Niacin 2% • Vitamin B6 0%

Folate 4% • Vitamin B12 0%

*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