

Nutrition Facts

Fatoosh

Serving Size:	5.789 ounces
Serving Per Container:	20 Servings

	Amount Per Serving	% Daily*
Calories	76 Kc	
Calories from fat	52 Kc	
Total Fat	6 Gm	18%
➤ Saturated Fat	1 Gm	10%
Cholesterol	0 mg	0%
Sodium	699 mg	0%
Total Carbohydrate	6 Gm	5%
➤ Fiber	2 Gm	12%
➤ Sugars	1 Gm	
Protein	2 Gm	

Vitamin A	21%	Vitamin C	62%
Calcium	4%	Iron	6%

*Percent Daily Values are based on 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 then	65g	80g
➤ Sat Fat	Less then	20g	25g
Cholesterol	Less then	300mg	300mg
Sodium	Less then	2400mg	2400mg
Total Carbohydrate		300g	375g
➤ Fiber		25g	30g

Calories Per Gram	
Fat 9	9
Carbohydrates	4
Protein	4