





FETA Traditional Crumble

# Nutrition Facts

Serving size 1/4 cup (28g)

Servings Per Container

Amount Per Serving

Calories 80 Calories from Fat 60

% Daily Value\*

Total Fat 6 g 10%

Saturated Fat 4 g 20%

Trans Fat 0 g

Cholesterol 20 mg 6%

Sodium 320 mg 13%

Total Carbohydrate 1 g 0%

Dietary Fiber less than 1 g 2%

Sugars 0 g

Protein 5 g

Vitamin A 4%

Vitamin C 0%

Calcium 6%

Iron 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	65 g	80 g
SatFat	less than	20 g	25 g
Cholesterol	less than	300 mg	300 mg
Sodium	less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

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<b>N U T R I T I O N</b>	<b>F A C T S</b>		
<b>NUTRIENT</b>	<b>per 100 g</b>	<b>per 30 g</b>	<b>per 28g</b>
Water (g)	53.17	15.951	14.8876
Ash (g)	4.15	1.245	1.162
<b>Calories</b>	<b>278.5356</b>	<b>83.56068</b>	<b>77.99</b>
<b>Calories from fat</b>	<b>200.214</b>	<b>60.0642</b>	<b>56.06</b>
<b>Total fat (g)</b>	<b>22.246</b>	<b>6.6738</b>	<b>6.2289</b>
<b>Saturated fat (g)</b>	<b>13.9552</b>	<b>4.18656</b>	<b>3.9075</b>
Calories from sat fat	123.0849	36.92546	34.46376
Polyunsat fat (g)	0	0	0
Monounsat fat (g)	0	0	0
Trans fat (g)	0.8	0.24	0.224
<b>Cholesterol (mg)</b>	<b>66.5028</b>	<b>19.95084</b>	<b>18.621</b>
<b>Sodium (mg)</b>	<b>1134.997</b>	<b>340.4992</b>	<b>317.8</b>
Potassium (mg)	0.06	0.018	0.0168
<b>Total carbohydrate (g)</b>	<b>4.892</b>	<b>1.4676</b>	<b>1.3698</b>
<b>Dietary fiber (g)</b>	<b>1.854</b>	<b>0.5562</b>	<b>0.5191</b>
<b>Sugars (g)</b>	<b>0.8722</b>	<b>0.26166</b>	<b>0.2442</b>
<b>Protein (g)</b>	<b>16.5424</b>	<b>4.96272</b>	<b>4.6319</b>
<b>Vitamin A (IU)</b>	<b>556</b>	<b>166.8</b>	<b>155.68</b>
<b>Vitamin C (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Calcium (mg)</b>	<b>224.1986</b>	<b>67.25958</b>	<b>62.776</b>
<b>Iron (mg)</b>	<b>0.5528</b>	<b>0.16584</b>	<b>0.1548</b>