

# Roasted & Salted Soybeans (Soynuts)

Nutritional Information				
Serving Size:		100g		
Amount per Serving				
Calories	438	Calories from Fat:		219
% Daily Value *				
Total Fat	22 g	34 %		
Saturated Fat	3 g	16 %		
Trans Fat	0 g			
Cholesterol	0 mg	0 %		
Sodium	281 mg	12 %		
Total Carbohydrates	31 g	10 %		
Dietary Fiber	16 g	63 %		
Sugars	0 g			
Protein	31 g			
Vitamin A	6%	Vitamin C		6 %
Calcium	13%	Iron		19 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.				
	Calories:	2,000	2,500	
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrates		300 g	375 g	
Dietary Fiber		25 g	30 g	
Calories per gram				
	Fat	9	Carbohydrates	4 Protein 4

Ingredients

Soybeans, Sunflower Oil, Salt

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.