

# Trail Mix

## Nutrition Facts

Serving Size: 1/8 cup (28g)

Servings Per Container: Varies

### Amount Per Serving

**Calories** 150      **Calories from Fat** 90

**% Daily Value\*\***

**Total Fat** 10g      **15%**

Saturated Fat 1.5g      **8%**

Trans Fat 1g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein** 4g

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      Iron 6%

\*\*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	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9      •      Carbohydrates 4      •      Protein 4

**Ingredients:** Sesame and onion/poppyseed sticks (flour[unbleached wheat flour, malted barley flour], partially hydrogenated vegetable oil[soybean, cottonseed], sesame seeds, bulgur wheat, poppyseed, salt, onion, soy flour, soy protein concentrate, onion powder and beet powder and turmeric[color]), peanuts, pretzels(enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid], salt, corn syrup, partially hydrogenated soybean oil, baking soda and yeast), cashews, almonds, pepitas, rice crackers(glutinous rice, soybean sauce[water, soybeans, wheat, salt], sugar, starch[rice or potato], seaweed, sesame seeds, chili powder, and artificial color[yellow 5 & 6], vegetable oil(peanut, cottonseed, soybean and/or sunflower seed) and salt.

\*\*Contains: Soy, peanut, wheat, almond and cashew.