

FUL

Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

Calories	225.3
Total Fat	15.1 g
Saturated Fat	2.1 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	10.3 g
Cholesterol	0.0 mg
Sodium	1,316.0 mg
Potassium	288.0 mg
Total Carbohydrate	21.3 g
Dietary Fiber	2.6 g
Sugars	2.4 g
Protein	6.7 g
Vitamin A	16.3 %
Vitamin B-12	0.0 %
Vitamin B-6	11.2 %
Vitamin C	23.2 %
Vitamin D	0.0 %
Vitamin E	0.4 %
Calcium	5.2 %
Copper	14.7 %
Folate	26.5 %
Iron	12.0 %
Magnesium	8.1 %
Manganese	30.0 %
Niacin	7.2 %
Pantothenic Acid	2.3 %
Phosphorus	10.7 %
Riboflavin	11.0 %
Selenium	2.0 %
Thiamin	6.4 %
Zinc	6.3 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.