

Enjoy Life Pizza Crust Mix 4-6-15

Nutrition Facts			
Serving Size 4 tbsp (41g) (about 1 pizza crust slice)			
Servings Per Container 10			
Amount Per Serving		As Mix Prepared	
Calories		150	160
Calories from Fat		10	20
% Daily Value**			
Total Fat 1g*		2%	3%
Saturated Fat 0g		0%	0%
Trans Fat 0g			
Cholesterol 0mg		0%	0%
Sodium 490mg		20%	20%
Total Carbohydrate 30g		10%	10%
Dietary Fiber 3g		12%	12%
Sugars 2g			
Protein 5g		5%	5%
Vitamin A		0%	0%
Vitamin C		0%	0%
Calcium		4%	4%
Iron		6%	6%
*Amount in Mix. As Prepared contributes an additional 10 Calories (10 Calories from Fat), 1 g Total Fat.			
**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
Protein		50g	65g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			