

Enjoy Life Brownie Mix 4-6-15

Nutrition Facts			
Serving Size about 2.5 Tbsp (29g) (amount for one 40g brownie)			
Servings Per Container about 14			
Amount Per Serving		As Mix Prepared	
Calories		110	130
Calories from Fat		20	35
% Daily Value**			
Total Fat 2g*		3%	6%
Saturated Fat 1g		5%	8%
Trans Fat 0g			
Cholesterol 0mg		0%	0%
Sodium 100mg		4%	4%
Total Carbohydrate 21g		7%	7%
Dietary Fiber 2g		8%	8%
Sugars 14g			
Protein 5g		5%	5%
Vitamin A		0%	0%
Vitamin C		0%	0%
Calcium		2%	2%
Iron		8%	8%
*Amount in Mix. As Prepared contributes an additional 20 Calories (15 Calories from Fat), 2 g Total Fat (0.5 g Saturated 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			