

La Quercia Lonza
3/18/2011

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 110 Calories from Fat 60	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	12%
Cholesterol 30mg	10%
Sodium 400mg	17%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*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 • Carbohydrate 4 • Protein 4	