

La Quercia Iowa White Spread 2

10/4/2011

Nutrition Facts

Serving Size 2 oz (57g)

Servings Per Container Variable

Amount Per Serving

Calories 480 Calories from Fat 470

% Daily Value*

Total Fat 52g **80%**

Saturated Fat 25g **124%**

Cholesterol 60mg **20%**

Sodium 380mg **16%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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