

# Crave N Rave Cheese Flavored Fava Puffs

## Nutrition Facts

1 servings per container

**Serving size** 1 bag (30g)

**Amount Per Serving**

**Calories** **110**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 200mg **9%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 6g **21%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 5g **10%**

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 0.7mg **4%**

Potassium 140mg **2%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.