

California Cereal Products, Inc.
Nutrition Label
CCP Crisp Quinoa

4:39pm 03/17/2015

| Nutrition Facts | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|----------|-------|-------|-----------|---------------|-----|---------|---------------|-----|-------------|-----------------|-------|--------|-------------------|---------|-----------|-------------------|---------|--------------------|------|------|---------------|-----|-----|
| Serving Size 100 g | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings Per Container 1 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Amount Per Serving | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories 410 | Calories from Fat 60 | | | | | | | | | | | | | | | | | | | | | | | | |
| % Daily Value* | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat 7g | 10% | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat 1g | 4% | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Trans</i> Fat 0g | | | | | | | | | | | | | | | | | | | | | | | | | |
| Polyunsaturated Fat 3.5g | | | | | | | | | | | | | | | | | | | | | | | | | |
| Monounsaturated Fat 2g | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol 0mg | 0% | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium 5mg | 0% | | | | | | | | | | | | | | | | | | | | | | | | |
| Potassium 630mg | 18% | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate 72g | 24% | | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber 8g | 31% | | | | | | | | | | | | | | | | | | | | | | | | |
| Soluble Fiber 0g | | | | | | | | | | | | | | | | | | | | | | | | | |
| Insoluble Fiber 0g | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugars 0g | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein 16g | 32% | | | | | | | | | | | | | | | | | | | | | | | | |
| Vitamin A 0% • Vitamin C 0% Calcium 6% • Iron 30% Vitamin D 0% • Vitamin E 15% Thiamin 25% • Riboflavin 20% Niacin 8% • Vitamin B6 25% Folate 50% • Vitamin B12 0% Magnesium 60% • Zinc 25% | | | | | | | | | | | | | | | | | | | | | | | | | |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Potassium</td> <td>Less than 3,500mg</td> <td>3,500mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> | Calories | 2,000 | 2,500 | Total Fat | Less than 65g | 80g | Sat Fat | Less than 20g | 25g | Cholesterol | Less than 300mg | 300mg | Sodium | Less than 2,400mg | 2,400mg | Potassium | Less than 3,500mg | 3,500mg | Total Carbohydrate | 300g | 375g | Dietary Fiber | 25g | 30g |
| Calories | 2,000 | 2,500 | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat | Less than 65g | 80g | | | | | | | | | | | | | | | | | | | | | | | |
| Sat Fat | Less than 20g | 25g | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol | Less than 300mg | 300mg | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium | Less than 2,400mg | 2,400mg | | | | | | | | | | | | | | | | | | | | | | | |
| Potassium | Less than 3,500mg | 3,500mg | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate | 300g | 375g | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber | 25g | 30g | | | | | | | | | | | | | | | | | | | | | | | |
| Calories per gram: | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | | | | | | | | | | | | | | | | | | | | | | | |

INGREDIENTS: Quinoa, Uncooked