



**Quality Dairy Company**  
**PLENTY PISTACHIO**

<b>Nutrition Facts</b>		Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:																													
Serving Size 1/2 Cup (70g) Serving Per Container 16																															
Amount Per Serving																															
<b>Calories</b> 180    Calories from Fat 90		<table border="0"> <tr> <td></td> <td><b>Calories</b></td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less Than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less Than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less Than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less Than</td> <td>2,400</td> <td>2,400</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table>			<b>Calories</b>	2,000	2,500	Total Fat	Less Than	65g	80g	Sat Fat	Less Than	20g	25g	Cholesterol	Less Than	300mg	300mg	Sodium	Less Than	2,400	2,400	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
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% Daily Value																															
<b>Total Fat</b>	10g	15%																													
Saturated Fat	6g	28%																													
Trans Fat	0g																														
<b>Cholesterol</b>	30mg	10%																													
<b>Sodium</b>	40mg	2%																													
<b>Total Carbohydrate</b>	19g	6%																													
Dietary Fiber	0g	0%																													
Sugars	12g																														
<b>Protein</b>	3g																														
Vitamin A	6%	Vitamin C	0%																												
Calcium	10%	Iron	0%																												
		Calories per gram: Fat 9            Carbohydrate 4            Protein 4																													
		Ingredients: MILKFAT & NONFAT MILK, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, SALT, PROPYLENE GLYCOL, TURMERIC EXTRACT (COLOR), MILK CHOCOLATE ( SUGAR, COCOA BUTTER, WHOLE MILK), CHOCOLATE LIQUOR, NATURAL FLAVOR, SOY LECITHIN (AN EMULSIFIER), ETHYL ALCOHOL, BLUE 1, VANILLIN (AN ARTIFICIAL FLAVOR), PISTACHIOS, PEANUT AND / OR COTTONSEED OIL, STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARREGEENAN, STANDARDIZED WITH DEXTROSE).																													
		<b>CONTAINS: MILK, SOY, NUTS and PEANUTS</b>																													