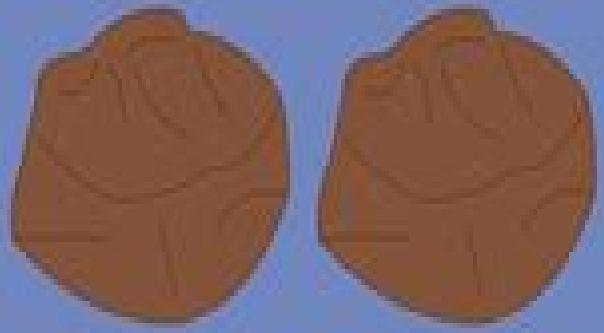
Calculate Calories From Carbs, Protein, Fat

Total calories from carbs = [(13g - 1g - 3g) x 4] + (1 x 2) + (3 x 2) = 44

Calories from fat = 7g x 9 cal/g = 63

Calories from protein = 2g x 4 cal/g = 8

Total Calories = 44 + 63 + 8 = 115



Serving size = 2 pieces

Nutrition Facts

12 servings per container

Serving size 2 pieces (25g)

Amount per serving

Calories 115

	% Daily Value*
Total Fat 7g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	11%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Sugar Alcohol 3g	
Protein 2g	4%

*The % Daily Value 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.

Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card

JE Gale

Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card:

Reviewing **Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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