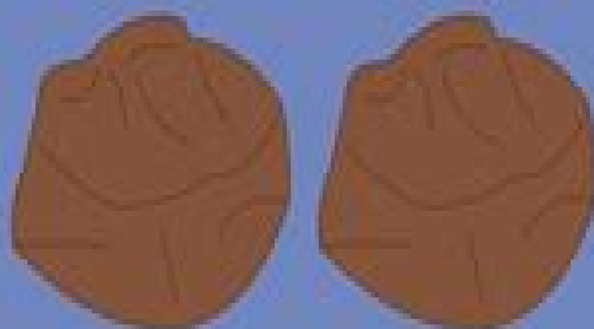
Calculate Calories From Carbs, Protein, Fat

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	6%
Dietary Fiber 1g	21%
Total Sugars 7g	
Includes 4g Added Sugars	3%
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.

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O García

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