

Nutrition Facts

1 cup fruit with 3
tbsp dip

Serving size

Amount Per Serving

Calories

280

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 32g **12%**

Dietary Fiber 4g **14%**

Total Sugars 21g

Includes 2g Added Sugars **4%**

Protein 10g **20%**

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 0.72mg **4%**

Potassium 705mg **15%**

Vitamin A 18mcg **2%**

Vitamin C 45mg **50%**

Folate 40mcg **10%**

*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.