NATURAL FRUIT CORPORATION
MANGO FROZEN FRUIT BARS

Nutrition Facts

Serving Size 3 fl oz (98g)
Servings Per Container 4

Amount Per Serving

Calories 90 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 23g	
Protein 0g	

Vitamin A 30% • Vitamin C 15%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MANGO, WATER, CANE SUGAR, NATURAL STABILIZERS (GUAR GUM, CAROB BEAN GUM, CARRAGEENAN), CITRIC ACID.

Allergen information: Good manufacturing practices used to segregate ingredients in a facility that also processes tree nut (coconut) and milk ingredients.

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