

B-Red White and Boom Chia Pudding

<h1>Nutrition Facts</h1>	
Serving size: 1 bowl (380 g)	
Servings Per Container: 1	
Amount per serving	
Calories: 371	Fat Calories: 148
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 288mg	12%
Calcium 418mg	42%
Potassium 433mg	12%
Phosphorus 23mg	2%
Total Carb 38g	13%
Dietary Fiber 19g	76%
Sugars 6g	
Protein 17g	34%
Vitamin A 11%	Vitamin C 44%
Calcium 42%	Iron 16%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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
Contains: Nuts	