

Ruff Rider

Nutrition Facts

2 servings per container

Serving size

1 (57g)

	Per Serving	Per Container
Calories	300	590
	% Daily Value*	% Daily Value*
Total Fat	19g 24%	38g 49%
Saturated Fat	8g 40%	16g 80%
<i>Trans</i> Fat	0g	0.5g
Cholesterol	35mg 12%	70mg 23%
Sodium	610mg 27%	1230mg 53%
Total Carb.	27g 10%	53g 19%
Dietary Fiber	2g 7%	4g 14%
Total Sugars	17g	34g
Incl. Added Sugars	15g 30%	30g 60%
Protein	5g	11g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	30mg 2%	70mg 6%
Iron	0.8mg 4%	1.5mg 8%
Potassium	50mg 2%	100mg 2%

* 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.

CONTAINS: MILK, EGG, MACADAMIA, WHEAT, PEANUTS