

NUTRITION FACTS

Half & Half

Serving Size 2 tablespoons (30 ml)
Servings Per Container 16

Amount Per Servings

Calories 35 **Calories from Fat** 30

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 15mg	5%
Sodium 15mg	1%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	2%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Vitamin D 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	<u>Calories</u>	<u>2,000</u>	<u>2,500</u>
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	70g