Nutrition Facts

Serving Size 280 g

Broccoli

Amount Per Serving

Calories 98	Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 9g	37%
Sugars 4g	
Protein 7g	

Vitamin A	87%	• Vitamin C	303%
Calcium	11%	• Iron	10%

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

NutritionData.com

Nutrition Facts

Serving Size 1 ounce (28g) (11 chips)

Nacho Cheese Chips

Amount Per Serving

Calories 144	Calories from Fat 66
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol	0%
Sodium 172mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	

Vitamin A	0%	• Vitamin C	0%
Calcium	4%	• Iron	2%

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

NutritionData.com

Nutrition Facts

Big Mac

Serving Size 216 g

Amount Per Serving

Calories 590	Calories from Fat 306

	% Daily Value*
Total Fat 34g	52%
Saturated Fat 11g	55%
Trans Fat	
Cholesterol 85mg	28%
Sodium 1070mg	45%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 24g	

Vitamin A	6%	• Vitamin C	6%
Calcium	30%	• Iron	25%

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

NutritionData.com