Scallops

Nutrition Facts

Serving Size 1 Rice Ball (35g)
Servings Per Container 8

Amount Per Serving

Calories 60 — Calories from Fat 20

	% Daily Value*
Total Fat 2g	**3**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 120mg	**5**%
Total Carbohydrate 8g	**3**%
Dietary Fiber 0g	**0**%
Sugars 0g	
Protein 2g	

Vitamin A 2%	•	Vitamin C 0%
Calcium 2%	•	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 • Carbohydrates 4 • Protein 4