Trail Mix

Nutrition Facts

Serving Size: 1/4 cup (30g)
Servings Per Container: Varies

Amount Per Serving

Calories 140	Calories from Fat 70
	% Daily Value**
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 2g	**8%**
Sugars 11g	
Protein 4g	

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

**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
Saturated 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

Ingredients: Peanuts, raisins, dried cranberries (cranberries, sugar, sunflower oil), M&M'S® Milk Chocolate Candies (milk chocolate [sugar, chocolate cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors], sugar, cornstarch, less than 1% corn syrup, gum acacia, coloring [includes red 40 lake, yellow 6, yellow 5, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake], dextrin), almonds, cashews, peanut oil and/or soybean oil, salt.

Allergy Information: Contains peanuts, almonds, cashews, milk and soy.
May contain an occasional shell fragment.