

Pono Pies

Nutrition Facts

Serving Size: 1/2 pie (71g)

Servings Per Container: 2

Amount Per Serving

Calories 160 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 1g

Vitamin A 0% • Vitamin C 15%

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
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

INGREDIENTS: BREADFRUIT, RAW, COCONUT OIL, HONEY, MACADAMIA NUTS, ORGANIC RAW CACAO POWDER, DRIED COCONUT, VANILLA POWDER, SEA SALT

CONTAINS: ALMOND, MACADAMIA

MAUI BREADFRUIT COMPANY

60 E WAKEAAVE. #111

KAHULUI, HI. 96732

808 283-3718

PONOPIES.COM