

balancedBITES

Lemon-Blueberry Scones

grain-free, nut-free, dairy-free

Nutrition Facts	
Serving Size (0g)	
Servings Per Container: 10	
Amount Per Serving	
Calories 150	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3.0g	14%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 130mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	21%
Sugars 10g	
Protein 4g	
Vitamin A 2%	• Vitamin C 6%
Calcium 2%	• 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:	
	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