



## M&M'S® Peanut

### NUTRITION:

Serving Size 1 unit (49.3g)      Calories 250  
 Servings Per Container 1      Calories from Fat 120

Amount/Serving      %DV\*

**Total Fat** 13g      20%  
 Sat. Fat 5g      25%  
 Trans Fat 0g  
**Cholest.** 5mg      2%  
**Sodium** 25mg      1%  
**Total Carb.** 30g      10%  
 Dietary Fiber 2g      8%  
 Sugars 25g  
**Protein** 5g



## M&M'S® Caramel

### NUTRITION:

Serving Size 1 bag (40g)      Calories 190  
 Servings Per Container 1      Calories from Fat 70

Amount/Serving      %DV\*

**Total Fat** 7g      11%  
 Sat. Fat 5g      25%  
 Trans Fat 0g  
**Cholest.** 5mg      2%  
**Sodium** 60mg      3%  
**Total Carb.** 29g      10%  
 Dietary Fiber 0g      0%  
 Sugars 26g  
**Protein** 2g



## M&M'S® Milk Chocolate

### NUTRITION:

Serving Size 1 unit (47.9g)      Calories 240  
 Servings Per Container 1      Calories from Fat 90

Amount/Serving      %DV\*

**Total Fat** 10g      15%  
 Sat. Fat 6g      30%  
 Trans Fat 0g  
**Cholest.** 5mg      2%  
**Sodium** 30mg      1%  
**Total Carb.** 34g      11%  
 Dietary Fiber 1g      4%  
 Sugars 30g  
**Protein** 2g



## M&M'S® Peanut Butter

### NUTRITION:

Serving Size 1 unit (46.2g)      Calories 240  
 Servings Per Container 1      Calories from Fat 120

Amount/Serving      %DV\*

**Total Fat** 13g      20%  
 Sat. Fat 8g      40%  
 Trans Fat 0g  
**Cholest.** 5g      2%  
**Sodium** 95mg      4%  
**Total Carb.** 26g      9%  
 Dietary Fiber 1g      4%  
 Sugars 22g  
**Protein** 4g



## M&M'S® Crispy

### NUTRITION:

Serving Size 1 unit (47.9g)      Calories 240  
 Servings Per Container 1      Calories from Fat 90

Amount/Serving      %DV\*

**Total Fat** 10g      15%  
 Sat. Fat 6g      30%  
 Trans Fat 0g  
**Cholest.** 5mg      2%  
**Sodium** 30mg      1%  
**Total Carb.** 34g      11%  
 Dietary Fiber 1g      4%  
 Sugars 30g  
**Protein** 2g



## M&M'S® Pretzel

### NUTRITION:

Serving Size 1 unit (32.3g)      Calories 150  
 Servings Per Container 1      Calories from Fat 40

Amount/Serving      %DV\*

**Total Fat** 4.5g      7%  
 Sat. Fat 3g      15%  
 Trans Fat 0g  
**Cholest.** 0mg      0%  
**Sodium** 120mg      5%  
**Total Carb.** 24g      8%  
 Dietary Fiber 1g      4%  
 Sugars 17g  
**Protein** 2g