

Nutritional Label Apple Dumpling

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Serving Size 113 g		Calories 2,000 2,500	
Servings Per Container 6			
Amount Per Serving			
Calories 300	Calories from Fat 100		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 3g	16%		
<i>Trans Fat</i> 0g			
Cholesterol 0mg	0%		
Sodium 160mg	7%		
Total Carbohydrate 51g	17%		
Dietary Fiber 1g	6%		
Sugars 33g			
Protein 2g			
Vitamin A 0% • Vitamin C 0%			
Calcium 2% • Iron 2%			

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		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 • Carbohydrate 4 • Protein 4

INGREDIENTS: Apples, Sugar, Wheat Flour, Water, Brown Sugar, Shortening (Soybean Oil, Hydrogenated Soybean Oil, Hydrogenated Cottonseed Oil), Cinnamon, Salt

CONTAINS: Cinnamon, Soy, Wheat