

Nutrition Facts

Serving Size 1/4 kit (37g) dry mix
(Makes 1/2 cup prepared)
Servings Per Container About 12

Amount Per Serving

Calories 140

Calories From Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 29g 10%

Dietary Fiber 2g 8%

Sugars 21g

Protein 1g 2%

Vitamin A 0% • Vitamin C 8%

Calcium 2% • Iron 4%

*Percent Daily Values (DV) 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 Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS:

Raspberry Sauce Mix: Sugar • Freeze Dried Raspberries • Modified Corn Starch • Nonfat Dry Milk • Corn Oil with Spice Extract

Chocolate Cookie Crumbs: Sugar • Unbleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) • High Oleic Canola, Palm, &/or Canola Oil • Cocoa (processed with alkali) • High Fructose Corn Syrup • Leavening (baking soda &/or calcium phosphate • Corn Starch • Salt • Soy Lecithin • Vanillin (artificial flavor) • Chocolate

CONTAINS: Milk, Soy, Wheat

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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