

NUTRITIONAL FACTS

NORDIC WARE

Double Chocolate Bundt Cake Mix

Nutrition Facts		
Serving Size 1/16 of dry mix (50g) or 1 slice (89g)		
Serving per Container: 16		
Amount per Serving	Dry Mix	Prepared
Calories	180	290
Calories from Fat	10	110
% Daily Value*		
Total Fat 1.5g	2%	19%
Saturated Fat 1g	5%	39%
Trans Fat 0g		
Cholesterol 0mg	0%	18%
Sodium 190mg	8%	9%
Total Carbohydrate 41g	14%	14%
Dietary Fiber 2g	9%	9%
Sugars 25g		
Protein 3g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	4%
Iron	10%	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
Total Fat	Less than	65g
Sat. Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300g
Dietary Fiber		25g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Contains: Wheat, Milk, Soy

Manufactured in a facility which processes milk, egg, wheat, soy, peanut and tree nuts.

Ingredients: Sugar, Enriched Wheat Flour (bleached wheat flour, enzyme, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Alkalized Cocoa Powder, Semisweet Chocolate Chip (sugar, chocolate liquor, dextrose, cocoa butter, soya lecithin), Natural Vanilla Flavor, Natural Coffee Flavor (coffee, natural flavor, maltodextrin), Sodium Bicarbonate, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt.

NUTRITIONAL FACTS

NORDIC WARE

Cinnamon Spice Bundt Cake Mix

Nutrition Facts		
Serving Size 1/16 of dry mix (47g) or 1 slice (89g)		
Serving per Container: 16		
Amount per Serving	Dry Mix	Prepared
Calories	170	290
Calories from Fat	0	120
% Daily Value*		
Total Fat 0g	0%	20%
Saturated Fat 0g	0%	40%
Trans Fat 0g		
Cholesterol 0mg	0%	28%
Sodium 290mg	12%	13%
Total Carbohydrate 39g	13%	13%
Dietary Fiber 2g	7%	7%
Sugars 20g		
Protein 3g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	8%	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
Total Fat	Less than	65g
Sat. Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300g
Dietary Fiber		25g
Calories per gram:		
Fat 9 - Carbohydrate 4 - Protein 4		

Contains: Wheat

Manufactured in a facility which processes milk, egg, wheat, soy, peanut and tree nuts.

Ingredients: Sugar, Enriched Wheat Flour (bleached wheat flour, enzyme, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Enriched Malted Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), Whole Wheat Flour, Dark Brown Sugar, Cinnamon, Salt, Natural Vanilla Flavor, Sodium Bicarbonate, Ground Ginger, Ground Nutmeg, Ground Cloves.