

# NUTRITIONAL FACTS

## Key Lime

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 11g	<b>14%</b>	<b>Total Carbohydrate</b> 32g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>	Dietary Fiber 0g	<b>0%</b>	
<i>Trans</i> Fat 0g		Total Sugars 22g		
<b>Cholesterol</b> 40mg	<b>13%</b>	Includes 22g Added Sugars	<b>44%</b>	
<b>Sodium</b> 260mg	<b>11%</b>	<b>Protein</b> 3g		
Vitamin D 0.3mcg 2% • Calcium 100mg 8% • Iron 0.3mg 2% • Potassium 930mg 20% Vitamin A 20mcg 2%				

12 servings per container  
**Serving size**  
**2 oz (57g)**  
**Calories per serving** **230**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Base (Sugar, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), food starch-modified, soybean oil, contains 2% or less of: eggs, leavening (baking soda, sodium acid pyrophosphate), mono and diglycerides, natural flavor, nonfat milk, salt, soy lecithin, vital wheat gluten.), Eggs, Water, Canola Oil, Powdered Sugar, Key Lime Juice, Natural Preservative (fermented oregano, flaxseed, and plums), Natural Key Lime Flavoring, Lemon zest

Contains: Milk, Egg, Wheat, Soy

Manufactured in a facility that also processes: Peanuts, Almond, Walnut, Pecan, Coconut

# NUTRITIONAL FACTS

## Calypso Coconut

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 12g	<b>15%</b>	<b>Total Carbohydrate</b> 33g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>	Dietary Fiber 0g	<b>0%</b>	
<i>Trans</i> Fat 0g		Total Sugars 23g		
<b>Cholesterol</b> 40mg	<b>13%</b>	Includes 22g Added Sugars	<b>44%</b>	
<b>Sodium</b> 260mg	<b>11%</b>	<b>Protein</b> 3g		
Vitamin D 0.3mcg 2% • Calcium 100mg 8% • Iron 0.3mg 2% • Potassium 930mg 20% Vitamin A 20mcg 2%				

12 servings per container  
**Serving size**  
**2 oz (57g)**  
**Calories per serving** **250**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Base (Sugar, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), food starch-modified, soybean oil, contains 2% or less of: eggs, leavening (baking soda, sodium acid pyrophosphate), mono and diglycerides, natural flavor, nonfat milk, salt, soy lecithin, vital wheat gluten.), Eggs, Water, Canola Oil, Powdered Sugar, Coconut Milk (Coconut Milk, Water, Guar Gum), Sweeneted Coconut (Coconut, Sugar, Water, Propylene Glycol (Sustains Freshness), Salt, Sodium Metabisulfite (as preservative), Natural Flavor, Natural Preservative (fermented oregano, flaxseed, and plums)

Contains: Milk, Egg, Wheat, Soy, Coconut

Manufactured in a facility that also processes: Peanuts, Almond, Walnut, Pecan, Coconut

***May contain peanuts and/or trace amounts of allergens not listed in the ingredients. Contains Egg, Milk, Soy, Wheat, Coconut.***

# NUTRITIONAL FACTS

## Captain's Chocolate Chip

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 13g		<b>17%</b>	<b>Total Carbohydrate</b> 36g
Saturated Fat 2.5g		<b>13%</b>	Dietary Fiber <1g	<b>3%</b>
<i>Trans</i> Fat 0g			Total Sugars 26g	
<b>Cholesterol</b> 40mg		<b>13%</b>	Includes 25g Added Sugars	<b>50%</b>
<b>Sodium</b> 250mg		<b>11%</b>	<b>Protein</b> 3g	
Vitamin D 0.3mcg 2% • Calcium 100mg 8% • Iron 0.3mg 2% • Potassium 950mg 20% Vitamin A 20mcg 2%				

12 servings per container  
**Serving size**  
**2 oz (57g)**  
**Calories**  
**per serving**      **270**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Base (Sugar, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), food starch-modified, soybean oil, contains 2% or less of: eggs, leavening (baking soda, sodium acid pyrophosphate), mono and diglycerides, natural flavor, nonfat milk, salt, soy lecithin, vital wheat gluten.), Water, Eggs, Canola Oil, Powdered Sugar, Chocolate Chips (sugar, chocolate, milk fat, cocoa butter, soy lecithin, natural flavors), Natural Preservative (fermented oregano, flaxseed, and plums), Natural Vanilla Flavoring

Contains: Milk, Egg, Wheat, Soy

Manufactured in a facility that also processes: Peanuts, Almond, Walnut, Pecan, Coconut

*May contain peanuts and/or trace amounts of allergens not listed in the ingredients. Contains Egg, Milk, Soy, Wheat.*

# NUTRITIONAL FACTS

## Cabana Banana

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
	<b>Total Fat</b> 12g		<b>15%</b>	<b>Total Carbohydrate</b> 32g
Saturated Fat 1.5g		<b>8%</b>	Dietary Fiber 0g	<b>0%</b>
<i>Trans</i> Fat 0g			Total Sugars 22g	
<b>Cholesterol</b> 40mg		<b>13%</b>	Includes 22g Added Sugars	<b>44%</b>
<b>Sodium</b> 250mg		<b>11%</b>	<b>Protein</b> 3g	
Vitamin D 0.3mcg 2% • Calcium 100mg 8% • Iron 0.3mg 2% • Potassium 940mg 20% Vitamin A 20mcg 2%				

12 servings per container  
**Serving size**  
**2 oz (57g)**  
**Calories**  
**per serving**      **240**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Base (Sugar, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), food starch-modified, soybean oil, contains 2% or less of: eggs, leavening (baking soda, sodium acid pyrophosphate), mono and diglycerides, natural flavor, nonfat milk, salt, soy lecithin, vital wheat gluten.), Water, Eggs, Canola Oil, Powdered Sugar, Pecans, Natural Banana Flavoring, Natural Preservative (fermented oregano, flaxseed, and plums)

Contains: Milk, Egg, Wheat, Soy, Pecan

Manufactured in a facility that also processes: Peanuts, Almond, Walnut, Pecan, Coconut

**May contain peanuts and/or trace amounts of allergens not listed in the ingredients. Contains Egg, Milk, Soy, Wheat, Pecans.**