

NUTRITIONAL FACTS

DOCKSIDE MARKET

4 oz. Mini Tropical Bundt Cakes

Captain's Chocolate Chip

Nutrition Facts	Per Serving		Per Container		Per Serving		Per Container			
		% DV*		% DV*		% DV*		% DV*		
2 servings per container Serving size 2 oz (57g)	Total Fat	13g	17%	26g	33%	Total Carb.	37g	13%	75g	27%
	Saturated Fat	2.5g	13%	5g	25%	Dietary Fiber	<1g	3%	2g	7%
Calories 280 550 per serving per container	<i>Trans Fat</i>	0g		0g		Total Sugars	27g		53g	
	Cholesterol	40mg	13%	80mg	27%	Incl. Added Sugars	26g	52%	52g	104%
	Sodium	260mg	11%	520mg	23%	Protein	3g		7g	
	Vitamin D	0.3mcg	2%	0.6mcg	2%	Potassium	980mg	20%	1950mg	40%
	Calcium	110mg	8%	210mg	15%	Vitamin A	20mcg	2%	40mcg	4%
	Iron	0.3mg	2%	0.6mg	4%					

* 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

Calypso Coconut

Nutrition Facts	Per Serving		Per Container		Per Serving		Per Container			
		% DV*		% DV*		% DV*		% DV*		
2 servings per container Serving size 2 oz (57g)	Total Fat	12g	15%	24g	31%	Total Carb.	34g	12%	67g	24%
	Saturated Fat	2.5g	13%	4.5g	23%	Dietary Fiber	0g	0%	<1g	3%
Calories 250 510 per serving per container	<i>Trans Fat</i>	0g		0g		Total Sugars	23g		46g	
	Cholesterol	40mg	13%	80mg	27%	Incl. Added Sugars	23g	46%	45g	90%
	Sodium	270mg	12%	530mg	23%	Protein	3g		6g	
	Vitamin D	0.3mcg	2%	0.6mcg	2%	Potassium	960mg	20%	1920mg	40%
	Calcium	110mg	8%	210mg	15%	Vitamin A	20mcg	2%	40mcg	4%
	Iron	0.3mg	2%	0.6mg	4%					

* 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

NUTRITIONAL FACTS

DOCKSIDE MARKET

Key Lime

Nutrition Facts	Per Serving		Per Container		Per Serving		Per Container			
		% DV*		% DV*		% DV*		% DV*		
2 servings per container Serving size 2 oz (57g) Calories 240 470 per serving per container	Total Fat	11g	14%	22g	28%	Total Carb.	32g	12%	64g	23%
	Saturated Fat	1g	5%	2.5g	13%	Dietary Fiber	0g	0%	<1g	2%
	Trans Fat	0g		0g		Total Sugars	22g		45g	
	Cholesterol	40mg	13%	80mg	27%	Incl. Added Sugars	22g	44%	44g	88%
	Sodium	260mg	11%	530mg	23%	Protein	3g		6g	
	Vitamin D	0.3mcg	2%	0.6mcg	2%	Iron	0.3mg	2%	0.6mg	4%
	Calcium	100mg	8%	210mg	15%	Potassium	950mg	20%	1890mg	40%
	* 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

Honeybell

Nutrition Facts	Per Serving		Per Container		Per Serving		Per Container			
		% DV*		% DV*		% DV*		% DV*		
2 servings per container Serving size 2 (57g) Calories 240 480 per serving per container	Total Fat	11g	14%	22g	28%	Total Carb.	33g	12%	67g	24%
	Saturated Fat	1g	5%	2.5g	13%	Dietary Fiber	0g	0%	<1g	2%
	Trans Fat	0g		0g		Total Sugars	23g		47g	
	Cholesterol	40mg	13%	80mg	27%	Incl. Added Sugars	23g	46%	46g	92%
	Sodium	270mg	12%	550mg	24%	Protein	3g		6g	
	Vitamin D	0.3mcg	2%	0.6mcg	2%	Potassium	960mg	20%	1920mg	40%
	Calcium	110mg	8%	210mg	15%	Vitamin A	20mcg	2%	40mcg	4%
	Iron	0.3mg	2%	0.6mg	4%					
	* 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, Natural Honeybell Orange Flavor, Natural Preservative (fermented oregano, flaxseed, and plums), Orange Zest, Natural Orange Food Coloring

Contains: Milk, Egg, Wheat, Soy

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