

# NUTRITIONAL FACTS

My Grandma's of New England

## My Grandma's Coffee Cake of New England

28 oz Cinnamon Walnut

### Cinnamon Walnut Coffee Cake

#### Nutrition Facts

14 servings per container  
Serving size 1/14 cake (57g)

Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 260mg	11%
Total Carbohydrate 31g	11%
Dietary Fiber <1g	2%
Total Sugars 21g	
Includes 20g Added Sugars	40%
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 90mg	6%
Iron 0.8mg	4%
Potassium 70mg	2%

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

**INGREDIENTS:** Sugar, Enriched Bleached Wheat Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sour Cream (cultured milk, cream, nonfat milk, enzyme), Eggs, Walnuts, Soybean Oil, Palm Oil, Leavening (monocalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, cornstarch), Modified Food Starch, Vanilla Extract, Propylene Glycol Mono and Di-esters of Fat and Fatty Acids (emulsifier), Dextrose, Egg Whites, Cinnamon, Mono and Di-glycerides (emulsifier), Salt, Natural Flavors, Sodium Stearoyl Lactylate (emulsifier), Tetrasodium Pyrophosphate, Disodium Phosphate, Xanthan Gum, Calcium Sulphate, Gum Arabic, Soy Lecithin (emulsifier), Cellulose Gum, Turmeric Extracts (for added color).

**CONTAINS: WHEAT, EGGS, SOY (OIL, LECITHIN), WALNUTS, AND MILK. MANUFACTURED IN A FACILITY THAT USES OTHER TREE NUTS.**



# NUTRITIONAL FACTS

My Grandma's of New England

## My Grandma's Coffee Cake of New England

.28 oz Lemon Coconut



### Nutrition Facts

Serving Size: 1/14 cake (57g)

Servings Per Container 14

Amount per Serving

Calories 240    Calories from fat 110

% Daily Value\*

Total Fat 12g    18%

Saturated Fat 5g    24%

Trans Fat 0g

Cholesterol 40mg    14%

Sodium 280mg    12%

Total Carbohydrate 30g    10%

Dietary Fiber <1g    2%

Sugars 21g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 8% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

		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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Sugar, Enriched Bleached Wheat Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sour Cream (cultured milk, cream, nonfat milk, enzyme), Egg, Coconut (coconut, sugar, water), Soybean Oil, Palm Oil, Lemon Extract, Vanilla Extract, Leavening (monocalcium phosphate, baking soda, sodium acid pyrophosphate, cornstarch), Modified Food Starch, Propylene Glycol, Mono and Di-esters of Fat and Fatty Acids (emulsifier), Dextrose, Egg Whites, Mono and Di-glycerides (emulsifier), Salt, Natural Flavor, Sodium Stearoyl Lactylate (emulsifier), Tetrasodium Pyrophosphate, Disodium Phosphate, Xanthan Gum, Calcium Sulphate, Gum Arabic, Soy Lecithin as an emulsifier, Cellulose Gum, Turmeric Extracts (for added color).



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CONTAINS WHEAT, EGGS, SOY (OIL, LECITHIN), COCONUT, AND MILK. MANUFACTURED IN A FACILITY THAT USES TREE NUTS.

# NUTRITIONAL FACTS

My Grandma's of New England

## My Grandma's Coffee Cake of New England

28 oz Pineapple Cherry



### PINEAPPLE CHERRY COFFEE CAKE MADE WITHOUT WALNUTS

#### Nutrition Facts

14 servings per container

Serving size 1/14 cake (57g)

Amount Per Serving	
<b>Calories 210</b>	
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 20g	
Includes 18g Added Sugars	<b>36%</b>
<b>Protein</b> 2g	
<b>Vitamin D</b> 0.1mcg	<b>0%</b>
<b>Calcium</b> 70mg	<b>5%</b>
<b>Iron</b> 0.7mg	<b>4%</b>
<b>Potassium</b> 50mg	<b>2%</b>

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

**INGREDIENTS:** Sugar, Enriched Bleached Wheat Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sour Cream (cultured milk, cream, nonfat milk, enzyme), Eggs, Cherries, Pineapple, Soybean Oil, Palm Oil, Vanilla Extract, Leavening (monocalcium phosphate, baking soda, sodium acid pyrophosphate, cornstarch), Modified Food Starch, Propylene Glycol Mono and Di-esters of Fat and Fatty Acids (emulsifier), Dextrose, Egg Whites, Cinnamon, Mono and Di-glycerides (emulsifier), Salt, Natural Flavor, Sodium Stearoyl Lactylate (emulsifier), Tetrasodium Pyrophosphate, Disodium Phosphate, Xanthan Gum, Calcium Sulphate, Gum Arabic, Soy Lecithin as an emulsifier, Cellulose Gum, Turmeric Extracts (for added color).

**CONTAINS: WHEAT, EGGS, SOY (OIL, LECITHIN), AND MILK. MANUFACTURED IN A FACILITY THAT USES TREE NUTS.**



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