

APPLE CINNAMON

# Nutrition Facts

1 serving per container

**Serving size** 4 oz (113g)

Amount per serving

**Calories** 340

% Daily Value\*

**Total Fat** 15g 19%

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 20mg 1%

**Total Carbohydrate** 50g 18%

Dietary Fiber 1g 4%

Total Sugars 24g

Includes 18g Added Sugars 36%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 2mg 10%

Potassium 34mg 0%

\*The % Daily Value 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.

VANILLA ORANGE RICOTTA

# Nutrition Facts

1 serving per container

**Serving size** 4 oz (113g)

Amount per serving

**Calories** 370

% Daily Value\*

**Total Fat** 18g 23%

Saturated Fat 8g 40%

Trans Fat 0g

**Cholesterol** 30mg 10%

**Sodium** 40mg 2%

**Total Carbohydrate** 45g 16%

Dietary Fiber 1g 4%

Total Sugars 24g

Includes 22g Added Sugars 44%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 74mg 6%

Iron 1mg 6%

Potassium 51mg 2%

\*The % Daily Value 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.