

# NUTRITIONAL FACTS

## Nutrition Facts

1 servings per container  
**Serving size**  
**5.25oz (149g)**

**Calories**  
**per serving 490**

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
<b>Total fat</b> 17g	<b>22%</b>	<b>Total Carbohydrate</b> 83g	<b>30%</b>
Saturated Fat 4.5g	<b>22%</b>	Dietary Fiber 2g	<b>8%</b>
<i>Trans</i> Fat 0g		Total Sugars 43g	
<b>Cholesterol</b> 30mg	<b>10%</b>	Includes 37g Added Sugars	<b>75%</b>
<b>Sodium</b> 460mg	<b>20%</b>	<b>Protein</b> 7g	
Vitamin D 0.2mcg 0% • Calcium 27mg 2% • Iron 2.2mg 10% • Potassium 92mg 2% Thiamin 41% • Riboflavin 25% • Niacin 19%			

\* 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: Wheat Flour, Water, Margarine, Sugar, Soybean Oil, Apple Filling (Corn Syrup, Sugar, Water, Apple Puree, Concentrate, Apples) Enzyme Blend (Dextrose, bleached enriched wheat flour, dried whey, gum arabic, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate)), Egg, Cream Cheese, Yeast, Dry Milk, Salt, Vanilla Extract, maltodextrin.

CONTAINS: Eggs, Milk, Soy, Wheat.