

Van Blueberry Coffee Cake 4.5 oz.

Nutrition Facts

2 servings per container

Serving size 1/2 cake 2.25 oz (64g)

	Per Serving	Per Container
Calories	200	400
	% Daily Value*	% Daily Value*
Total Fat	9g 12%	19g 24%
Saturated Fat	3.5g 18%	7g 35%
<i>Trans Fat</i>	0g	0g
Cholesterol	10mg 3%	25mg 8%
Sodium	210mg 9%	420mg 18%
Total Carb.	27g 10%	55g 20%
Dietary Fiber	<1g 3%	2g 7%
Total Sugars	18g	36g
Incl. Added Sugars	16g 32%	33g 66%
Protein	2g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	20mg 2%	40mg 4%
Iron	0.2mg 2%	0.4mg 2%
Potassium	10mg 0%	30mg 0%

* 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: WATER, FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BLUEBERRIES, BUTTER, SOYBEAN OIL, BROWN SUGAR, VANILLA PUDDING [SUGAR (SUCROSE, DEXTROSE, MALTODEXTRIN), MODIFIED FOOD STARCH, SODIUM ALGINATE, MILK POWDER, NATURAL FLAVORS, SALT, CARRAGEENAN], LESS THAN 2% OF: EGG WHITE, MILK, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), CINNAMON, NATURAL FLAVOR, (WATER, POTASSIUM SORBATE), SALT.

CONTAINS: MILK, EGG, WHEAT, SOY

Cinnamon Coffee Cake 4.5 oz.

Nutrition Facts

2 servings per container
Serving size 1/2 cake 2.25 oz (64g)

	Per Serving	Per Container
Calories	220	430
	% Daily Value*	% Daily Value*
Total Fat	10g 13%	21g 27%
Saturated Fat	4g 20%	8g 40%
<i>Trans Fat</i>	0g	0g
Cholesterol	15mg 5%	25mg 8%
Sodium	230mg 10%	460mg 20%
Total Carb.	29g 11%	57g 21%
Dietary Fiber	<1g 2%	1g 4%
Total Sugars	19g	38g
Incl. Added Sugars	18g 36%	35g 70%
Protein	3g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	20mg 2%	40mg 4%
Iron	0.2mg 2%	0.4mg 2%
Potassium	10mg 0%	30mg 0%

* 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: WATER, FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BUTTER, SOYBEAN OIL, BROWN SUGAR, VANILLA PUDDING [SUGAR (SUCROSE, DEXTROSE, MALTODEXTRIN), MODIFIED FOOD STARCH, SODIUM ALGINATE, MILK POWDER, NATURAL FLAVORS, SALT, CARRAGEENAN], LESS THAN 2% OF: EGG WHITE, MILK, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), CINNAMON, NATURAL FLAVOR, (WATER, POTASSIUM SORBATE), SALT.

CONTAINS: MILK, EGG, WHEAT, SOY

Raspberry Coffee Cake 4.5 oz.

Nutrition Facts

2 servings per container
Serving size 1/2 cake 2.25 oz (64g)

	Per Serving	Per Container
Calories	220	440
	% Daily Value*	% Daily Value*
Total Fat	11g 14%	21g 27%
Saturated Fat	4g 20%	8g 40%
<i>Trans Fat</i>	0g	0g
Cholesterol	15mg 5%	25mg 8%
Sodium	230mg 10%	470mg 20%
Total Carb.	30g 11%	60g 22%
Dietary Fiber	1g 4%	2g 7%
Total Sugars	19g	39g
Incl. Added Sugars	18g 36%	36g 72%
Protein	3g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	20mg 2%	50mg 4%
Iron	0.3mg 2%	0.5mg 2%
Potassium	30mg 0%	50mg 2%

* 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: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, RASPBERRIES, BUTTER, SOYBEAN OIL, BROWN SUGAR, VANILLA PUDDING [SUGAR (SUCROSE, DEXTROSE, MALTODEXTRIN), MODIFIED FOOD STARCH, SODIUM ALGINATE, MILK POWDER, NATURAL FLAVORS, SALT, CARRAGEENAN], LESS THAN 2% OF: EGG WHITE, MILK, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), CINNAMON, SALT, (WATER, POTASSIUM SORBATE), NATURAL FLAVOR.

CONTAINS: MILK, EGG, WHEAT, SOY

Pumpkin Coffee Cake 4.5 oz.

Nutrition Facts

2 servings per container

Serving size 1/2 cake 2.25 oz (64g)

	Per Serving	Per Container
Calories	260	520
	% Daily Value*	% Daily Value*
Total Fat	12g 15%	25g 32%
Saturated Fat	5g 25%	10g 50%
<i>Trans</i> Fat	0g	0.5g
Cholesterol	15mg 5%	35mg 12%
Sodium	260mg 11%	520mg 23%
Total Carb.	35g 13%	71g 26%
Dietary Fiber	<1g 3%	2g 7%
Total Sugars	23g	47g
Incl. Added Sugars	22g 44%	44g 88%
Protein	3g	6g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	30mg 2%	50mg 4%
Iron	0.3mg 2%	0.6mg 4%
Potassium	20mg 0%	30mg 0%

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INGREDIENTS: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, BROWN SUGAR, BUTTER, SOYBEAN OIL, VANILLA PUDDING [SUGAR (SUCROSE, DEXTROSE, MALTODEXTRIN), MODIFIED FOOD STARCH, SODIUM ALGINATE, MILK POWDER, NATURAL FLAVORS, SALT, CARRAGEENAN], PUMPKIN, LESS THAN 2% OF: EGG WHITE, MILK, CINNAMON, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, WATER, POTASSIUM SORBATE, SALT

CONTAINS: MILK, EGG, WHEAT, SOY