

NUTRITIONAL FACTS & INGREDIENT LIST

VIRGINIA DINER

6.5oz Rocking Chair Mix

Nutrition Facts	
Serving size	1 oz (28g)
Amount per serving	
Calories	140
% Daily Value	
Total Fat 6g	8%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	3%
Total Sugars 14g	
Includes 13g Added Sugars	25%
Protein 1g	
Vitamin D 0.1mcg 0%	• Calcium 30mg 2%
Iron 0.9mg 6%	• Potassium 50mg 2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS

Confection Coating - sugar, palm kernel oil, hydrogenated palm kernel oil, palm oil, reduced mineral whey powder, whole milk solids, nonfat dry milk solids, sorbitan monostearate, polysorbate 60, soy lecithin (an emulsifier), salt, vanilla (natural flavor), vanillin (artificial flavor), Pretzels - unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate-B1, riboflavin-B2, folic acid), malt, salt, organic soybean oil, Cereal - whole grain wheat, corn meal, sugar, brown sugar syrup, canola and/or sunflower oil, molasses, honey, fructose, baking soda, calcium carbonate, dextrose, trisodium phosphate, natural flavor, TBHQ and BHT added to preserve freshness, Cereal- whole grain oat flour, whole wheat flour, brown sugar, sugar, maltodextrin, malted barley extract, natural flavor, salt, baking soda, tocopherols (to preserve freshness), Almonds - almonds, salt.

NUTRITIONAL FACTS & INGREDIENT LIST

VIRGINIA DINER

8oz Peanut Crunch

Nutrition Facts	
8 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	150
% Daily Value	
Total Fat 8g	10%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	3%
Total Sugars 13g	
Includes 12g Added Sugars	25%
Protein 2g	
Vitamin D 0mcg 0%	• Calcium 20mg 2%
Iron 0.4mg 2%	• Potassium 50mg 2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS

Confection Coating - sugar, palm kernel oil, hydrogenated palm kernel oil, palm oil, reduced mineral whey powder, whole milk solids, nonfat dry milk solids, sorbitan monostearate, polysorbate 60, soy lecithin (an emulsifier), salt, vanilla (natural flavor), vanillin (artificial flavor), Pretzels - unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate-B1, riboflavin-B2, folic acid), malt, salt, organic soybean oil, Mini Peanut Butter Cups - sugar, palm kernel oil, nonfat dry milk, partially defatted peanut flour, whole milk powder, cocoa powder processed with alkali, peanuts, hydrogenated palm oil, soy lecithin, salt, natural vanilla extract, hydrogenated vegetable fat (palm), TBHQ (a preservative), citric acid, Honey Roasted Peanuts - PEANUTS, SUGAR, HONEY, VEGETABLE OIL (PEANUT AND/OR SOY), SALT, XANTHAN GUM..

NUTRITIONAL FACTS & INGREDIENT LIST

VIRGINIA DINER

8oz Naked Turtle

Nutrition Facts	
8 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	150
% Daily Value	
Total Fat 8g	11%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	3%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Protein 1g	
Vitamin D 0.9mcg 4%	Calcium 10mg 0%
Iron 0.3mg 2%	Potassium 30mg 0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts Servings: 1, **Serv size: 1.5 oz (43g)**, Amount per serving: **Calories 230**, **Total Fat** 14g (18% DV), **Saturated Fat** 8g (38% DV), **Trans Fat** 0g, **Sodium** 180mg (8% DV), **Total Carbohydrate** 26g (9% DV), **Dietary Fiber** 2g (5% DV), **Total Sugars** 20g (Includes 18g Added Sugars, 36% DV), **Protein** 2g, **Vitamin D** 1.4mcg (6% DV), **Iron** 0.5mg (2% DV). Not a significant source of cholesterol, calcium, and potassium.