

Blueberry

Nutrition Facts

Serving Size - 1/3 cup (49g)
Servings Per Container - about 4

Amount Per Serving

Calories 170 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 590mg **25%**

Total Carbohydrate 36g **12%**

 Dietary Fiber 1g **4%**

 Sugars 3g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 10%

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

Banana Pudding

Nutrition Facts

Serving Size - 1/3 cup (51.6g)
Servings Per Container - about 4

Amount Per Serving

Calories 190 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 630mg **26%**

Total Carbohydrate 38g **13%**

 Dietary Fiber 1g **4%**

 Sugars 5g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 10%

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

Vanilla

Nutrition Facts

Serving Size - 1/3 cup (49g)
Servings Per Container - about 4

Amount Per Serving

Calories 170 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 590mg **25%**

Total Carbohydrate 36g **12%**

 Dietary Fiber 1g **4%**

 Sugars 3g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 10%

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