



FIRST FOOD COMPANY

DALLAS, TEXAS

COMMON NUTRITIONAL: INSTANT PUDDING AND PIE FILLING MIX

NUTRITION FACTS

SERVING SIZE 2 1/3 tbsp (23g) Makes about 1/2 cup
 SERVINGS PER CONTAINER 30 (24oz. pkg.) 5lb(100/4oz)

	Banana Butterscotch Vanilla Lemon <u>Coconut</u>	Mix Prepared with 1/2 cup Vitamin D Whole Milk	<u>Chocolate</u>	Mix Prepared with 1/2 cup Vitamin D Whole Milk		
Amount Per Serving	MIX		MIX			
Calories	90	160	80	160		
Calories from fat	0	35	0	40		
	%DAILY VALUE**		%DAILY VALUE**			
Total Fat	0g*	0%	6%	0g*	0%	7%
Saturated Fat	0g	0%	13%	0g	0%	13%
Trans Fat	0g			0g		
Cholesterol	0mg	0%	6%	0mg	0%	7%
Sodium	300mg	13%	15%	260mg	11%	14%
Total Carbohydrate	21g	7%	9%	21g	7%	9%
Dietary Fiber	0g	0%	0%	0g	0%	0%
Sugars	17g			16g		
Protein	0g			0g		
Vitamin A		0%	4%		0%	4%
Vitamin C		0%	2%		0%	2%
Calcium		0%	15%		2%	15%
Iron		0%	0%		2%	2%

* Amount in instant pudding mix. 1/2 cup of whole milk contributes an additional 4g of fat, 2.5g of saturated fat, 20mg of cholesterol, 65mg of sodium, 6g of carbohydrate (5g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

12/24oz
6/5 lb