



# FIRST FOOD COMPANY

DALLAS, TEXAS

## SUGAR FREE CHOCOLATE PUDDING

### NUTRITION FACTS

Serving Size 1 tbsp (7g) makes about 1/2 cup

Servings per Container 32

Amount Per Serving	MIX	Mix Prepared with 1/2 cup Skim milk with Add Vit A
<b>Calories</b>	25	60
Calories from fat	0	0
<b>%DAILY VALUE**</b>		
<b>Total Fat 0g*</b>	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
<b>Cholesterol 0mg</b>	0%	0%
<b>Sodium 190 mg</b>	8%	10%
<b>Total Carbohydrate 5g</b>	2%	4%
Dietary Fiber 1g	0%	4%
Sugars 0g		
<b>Protein 0g</b>		
Vitamin A	0%	6%
Vitamin C	0%	0%
Calcium	2%	20%
Iron	2%	2%

\* Amount in instant pudding mix. 1/2 cup of skim milk contributes an additional 60mg of sodium, 6g of carbohydrate (6g 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

INGREDIENTS: FOOD STARCH-MODIFIED, DUTCH COCOA (PROCESSED WITH ALKALI), TETRASODIUM PYROPHOSPHATE, WHEY, DISODIUM PHOSPHATE, CORN SYRUP SOLIDS, AND LESS THAN 2% OF EACH OF THE FOLLOWING:, MONO AND DIGLYCERIDES, MONOCALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ASPARTAME\*(NON-NUTRITIVE SWEETENER), NONFAT DRY MILK, PARTIALLY HYDROGENATED SOYBEAN OIL, TITANIUM DIOXIDE(FOR COLOR), WHEAT STARCH, AND XANTHAN GUM.

**CONTAINS MILK AND WHEAT.**

**\*PHENYLKETONURICS: CONTAINS PHENYLALANINE**