



## Apple-Nut Coffee Cake, 1 Layer

<b>Nutrition Facts</b>			
Serving Size 5 oz (142 g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 420	<b>Calories from Fat</b> 200		
Calories From Saturated Fat 45			
% Daily Value*			
<b>Total Fat</b> 22g	<b>34%</b>		
Saturated Fat 5g	24%		
Trans Fat 0g			
Polyunsaturated Fat 11g			
Monounsaturated Fat 6g			
<b>Cholesterol</b> 40mg	<b>14%</b>		
<b>Sodium</b> 350mg	<b>14%</b>		
Potassium 150mg	4%		
<b>Total Carbohydrate</b> 53g	<b>18%</b>		
Dietary Fiber 2g	7%		
Sugars 36g			
Sugar Alcohol 0g			
<b>Protein</b> 4g	<b>8%</b>		
Vitamin A	45%		
Vitamin C	4%		
Calcium	4%		
Iron	8%		
Vitamin D	25%		
Vitamin E	0%		
Vitamin K	2%		
Riboflavin	8%		
Niacin	6%		
Vitamin B6	4%		
Vitamin B12	2%		
* 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
Sat 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: SUGAR, APPLES, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), CARROTS, SOYBEAN OIL (SOYBEANS), PINEAPPLE, WHOLE EGGS (EGG), WATER, WALNUTS (TREE NUTS), COCONUT (COCONUT, SUGAR, WATER, PROPYLENE GLYCOL) (TREE NUTS), EVAPORATED MILK (MILK, DIPOTASSIUM PHOSPHATE & CARRAGEENAN AS STABILIZERS, VITAMIN D3) (EGG, MILK, SOYBEANS), POWDERED SUGAR (GROUND SUCROSE WITH CORN STARCH ADDED AS AN ANTI-CAKING AGENT), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), PAN COATING: CANOLA OIL AND SOY LECITHIN (SOYBEANS), BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), MODIFIED CORN STARCH, BAKING SODA, SALT, VANILLA (NATURAL & ARTIFICIAL FLAVORING), BAKING POWDER (CORN STARCH, SODIUM BICARBONATE (BAKING SODA), ANHYDROUS SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), SPICES, CINNAMON

CONTAINS: EGG, MILK, SOYBEANS, TREE NUTS AND WHEAT.



## Cinnamon Streusel Coffee Ck, 1 Layer

### Nutrition Facts

Serving Size 4 oz (113 g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 390      **Calories from Fat** 190  
Calories From Saturated Fat 50  
**% Daily Value\***

<b>Total Fat</b> 21g	<b>33%</b>
Saturated Fat 6g	<b>28%</b>
Trans Fat 0g	
Polyunsaturated Fat 9g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 370mg	<b>15%</b>
Potassium 125mg	<b>4%</b>
<b>Total Carbohydrate</b> 49g	<b>16%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 31g	
Sugar Alcohol 0g	
<b>Protein</b> 3g	<b>7%</b>

Vitamin A	50%
Vitamin C	4%
Calcium	2%
Iron	6%
Vitamin D	25%
Vitamin E	0%
Vitamin K	2%
Riboflavin	8%
Niacin	6%
Vitamin B6	2%
Vitamin B12	2%

\* 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
Sat 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: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), CARROTS, SOYBEAN OIL (SOYBEANS), PINEAPPLE, WHOLE EGGS (EGG), COCONUT (COCONUT, SUGAR, WATER, PROPYLENE GLYCOL) (TREE NUTS), EVAPORATED MILK (MILK, DIPOTASSIUM PHOSPHATE & CARRAGEENAN AS STABILIZERS, VITAMIN D3) (EGG, MILK, SOYBEANS), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), POWDERED SUGAR (GROUND SUCROSE WITH CORN STARCH ADDED AS AN ANTI-CAKING AGENT), BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), PAN COATING: CANOLA OIL AND SOY LECITHIN (SOYBEANS), WATER, BAKING SODA, SALT, VANILLA (NATURAL & ARTIFICIAL FLAVORING), BAKING POWDER (CORN STARCH, SODIUM BICARBONATE (BAKING SODA), ANHYDROUS SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), SPICES, CINNAMON

CONTAINS: EGG, MILK, SOYBEANS, TREE NUTS AND WHEAT.