



**NSA - Pumpkin Pie, Plain**

<b>Nutrition Facts</b>			
Serving Size 5 oz (142 g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 250	<b>Calories from Fat</b> 100		
Calories From Saturated Fat 45			
% Daily Value*			
<b>Total Fat</b> 12g	<b>18%</b>		
Saturated Fat 5g	<b>25%</b>		
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 4g			
<b>Cholesterol</b> 45mg	<b>15%</b>		
<b>Sodium</b> 440mg	<b>18%</b>		
Potassium 170mg	<b>5%</b>		
<b>Total Carbohydrate</b> 38g	<b>13%</b>		
Dietary Fiber 2g	<b>7%</b>		
Sugars 2g			
Sugar Alcohol 13g			
<b>Protein</b> 3g	<b>7%</b>		
Vitamin A	80%		
Vitamin C	20%		
Calcium	10%		
Iron	6%		
Vitamin D	0%		
Vitamin E	0%		
Vitamin K	0%		
Riboflavin	20%		
Niacin	35%		
Vitamin B6	0%		
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: WATER, PUMPKIN, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), MALTITOL POWDER (WHEAT), WHOLE EGGS (EGG), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), MILK SOLIDS (NONFAT DRY MILK, WHEY) (MILK), EQUAL (MALTODEXTRIN, ASPARTAME), MODIFIED CORN STARCH, SALT, CINNAMON, SPICES, BAKING SODA

CONTAINS: EGG, MILK, SOYBEANS AND WHEAT.



**NSA - Pumpkin, Whip Top, Pie**

<b>Nutrition Facts</b>			
Serving Size 5 1/2 oz (156 g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 280	<b>Calories from Fat</b> 140		
Calories From Saturated Fat 80			
% Daily Value*			
<b>Total Fat</b> 16g	<b>24%</b>		
Saturated Fat 9g	<b>47%</b>		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 4g			
<b>Cholesterol</b> 45mg	<b>14%</b>		
<b>Sodium</b> 430mg	<b>18%</b>		
Potassium 160mg	<b>5%</b>		
<b>Total Carbohydrate</b> 40g	<b>13%</b>		
Dietary Fiber 2g	<b>7%</b>		
Sugars 2g			
Sugar Alcohol 17g			
<b>Protein</b> 3g	<b>6%</b>		
Vitamin A	80%		
Vitamin C	20%		
Calcium	8%		
Iron	6%		
Vitamin D	0%		
Vitamin E	0%		
Vitamin K	0%		
Riboflavin	20%		
Niacin	35%		
Vitamin B6	0%		
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: WATER, PUMPKIN, SUGAR-FREE WHIPTOPPING (WATER, HYDROGENATED PALMKERNEL OIL, SORBITOL, ERYTHRITOL, MODIFIED CELLULOSE, POLYSORBATE 60, NATURAL AND ARTIFICIAL FLAVORS, POLYGLYCEROL ESTERS OF FATTY ACIDS, SALT, GLYCEROL-LACTO ESTERS OF FATTY ACIDS, XANTHAN GUM, SODIUM STEAROYL LACTYLATE, SODIUM ALGINATE, SUNFLOWER LECITHIN, SODIUM CITRATE, DISODIUM PHOSPHATE, ACESULFAME POTASSIUM.) (MILK, SOYBEANS), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), MALTITOL POWDER (WHEAT), WHOLE EGGS (EGG), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), MILK SOLIDS (NONFAT DRY MILK, WHEY) (MILK), EQUAL (MALTODEXTRIN, ASPARTAME), MODIFIED CORN STARCH, SALT, CINNAMON, SPICES, BAKING SODA

CONTAINS: EGG, MILK, SOYBEANS AND WHEAT.