



## Blackberry Crisp, Qtr Sheet

<b>Nutrition Facts</b>			
Serving Size 4 1/2 OZ (128 g)			
Servings Per Container 12			
Amount Per Serving			
<b>Calories</b> 260	<b>Calories from Fat</b> 70		
Calories From Saturated Fat 30			
% Daily Value*			
<b>Total Fat</b> 8g	<b>13%</b>		
Saturated Fat 3.5g	<b>18%</b>		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 3g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 350mg	<b>15%</b>		
Potassium 105mg	<b>3%</b>		
<b>Total Carbohydrate</b> 46g	<b>15%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 32g			
Sugar Alcohol 0g			
<b>Protein</b> 2g	<b>3%</b>		
Vitamin A	2%		
Vitamin C	20%		
Calcium	2%		
Iron	4%		
Vitamin D	0%		
Vitamin E	4%		
Vitamin K	15%		
Riboflavin	4%		
Niacin	4%		
Vitamin B6	0%		
Vitamin B12	0%		
* 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: BLACKBERRIES, SUGAR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), MODIFIED CORN STARCH, SALT, CINNAMON, BAKING SODA

CONTAINS: SOYBEANS AND WHEAT.