

Carrot Cake w/ Nuts, Full Sheet

Nutrition Facts

Serving Size 4 3/4 oz (135 g)
Servings Per Container 64

Amount Per Serving

Calories 490 **Calories from Fat** 250
Calories From Saturated Fat 70

% Daily Value*

Total Fat 27g **42%**

Saturated Fat 8g **40%**

Trans Fat 0g

Polyunsaturated Fat 12g

Monounsaturated Fat 6g

Cholesterol 60mg **19%**

Sodium 380mg **16%**

Potassium 135mg **4%**

Total Carbohydrate 59g **20%**

Dietary Fiber 1g **5%**

Sugars 44g

Sugar Alcohol 0g

Protein 4g **8%**

Vitamin A 60%

Vitamin C 4%

Calcium 4%

Iron 6%

Vitamin D 0%

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, POWDERED SUGAR (GROUND SUCROSE WITH CORN STARCH ADDED AS AN ANTI-CAKING AGENT), CARROTS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL (SOYBEANS), PINEAPPLE, WHOLE EGGS, CREAM CHEESE (PASTEURIZED CULTURED MILK & CREAM, CHEESE CULTURE, SALT, STABILIZERS (XANTHAN &/OR CAROB BEAN &/OR GUAR GUM)), COCONUT (COCONUT, SUGAR, WATER, PROPYLENE GLYCOL) (TREE NUTS), MARGARINE (VEGETABLE OIL BLEND (PALM OIL & SOYBEAN OIL), WATER, SALT, CONTAINS LESS THAN 2% OF SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED, WHEY) (MILK), WALNUTS (TREE NUTS), BAKING SODA, SALT, VANILLA (NATURAL & ARTIFICIAL FLAVORING), BAKING POWDER (CORN STARCH, SODIUM BICARBONATE (BAKING SODA), ANHYDROUS SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), SPICES, LEMON PUREE (WATER, CITRIC ACID, SUGAR, LEMON PULP CELLS, HIGH FRUCTOSE CORN SYRUP, LEMON JUICE CONCENTRATE, LEMON OIL, SODIUM CITRATE)

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