

Harmony Cake, 2 Layer

Nutrition Facts

Serving Size 4 1/2 oz (128 g)
Servings Per Container 12

Amount Per Serving

Calories 400 **Calories from Fat** 140

Calories From Saturated Fat 40

% Daily Value*

Total Fat 15g **24%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Polyunsaturated Fat 5g

Monounsaturated Fat 5g

Cholesterol 20mg **7%**

Sodium 390mg **16%**

Potassium 140mg **4%**

Total Carbohydrate 65g **22%**

Dietary Fiber 2g **7%**

Sugars 46g

Sugar Alcohol 0g

Protein 5g **9%**

Vitamin A 2%

Vitamin C 0%

Calcium 4%

Iron 15%

Vitamin D 25%

Vitamin E 0%

Vitamin K 0%

Riboflavin 6%

Niacin 6%

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: WHITE CAKE BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DRY EGG WHITES, SOYBEAN OIL, PROPYLENE GLYCOL MONO & DIESTERS WITH BHT & CITRIC ACID AS PRESERVATIVES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), FOOD STARCH-MODIFIED, DRY EGG YOLK, DEXTROSE, MONO & DYGLYCERIDES, SALT, NONFAT MILK SOLIDS, SORBITAN MONOSTEARATE, ARTIFICIAL FLAVOR, SOY LECITHIN, CELLULOSE GUM, POLYSORBATE 60, XANTHAN GUM, WHEAT STARCH, PROPYLENE GLYCOL), WATER, POWDERED SUGAR (GROUND SUCROSE WITH CORN STARCH ADDED AS AN ANTI-CAKING AGENT), 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), SOYBEAN OIL (SOYBEANS), COCOA, EVAPORATED MILK (MILK, DIPOTASSIUM PHOSPHATE & CARRAGEENAN AS STABILIZERS, VITAMIN D3)

CONTAINS: EGG, MILK, SOYBEANS AND WHEAT.