

Harmony Cake, Full Sheet

Nutrition Facts

Serving Size 3 1/2 oz (99 g)
Servings Per Container 64

Amount Per Serving

Calories 310 **Calories from Fat 110**

Calories From Saturated Fat 30

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **16%**

Trans Fat 0g

Polyunsaturated Fat 4.5g

Monounsaturated Fat 3.5g

Cholesterol 20mg **6%**

Sodium 320mg **13%**

Potassium 100mg **3%**

Total Carbohydrate 48g **16%**

Dietary Fiber 1g **5%**

Sugars 33g

Sugar Alcohol 0g

Protein 4g **7%**

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 10%

Vitamin D 15%

Vitamin E 0%

Vitamin K 0%

Riboflavin 6%

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: 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), SOYBEAN OIL (SOYBEANS), 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), COCOA, EVAPORATED MILK (MILK, DIPOTASSIUM PHOSPHATE & CARRAGEENAN AS STABILIZERS, VITAMIN D3)

CONTAINS: EGG, MILK, SOYBEANS AND WHEAT.