



Plain Pumpkin Pie, Specialty

| Nutrition Facts | | | |
|--|------------------------------|----------------|-----------|
| Serving Size 5 oz (142 g) | | | |
| Servings Per Container 8 | | | |
| Amount Per Serving | | | |
| Calories 300 | Calories from Fat 100 | | |
| Calories From Saturated Fat 45 | | | |
| % Daily Value* | | | |
| Total Fat 11g | 18% | | |
| Saturated Fat 5g | 25% | | |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 2g | | | |
| Monounsaturated Fat 4g | | | |
| Cholesterol 45mg | 14% | | |
| Sodium 420mg | 18% | | |
| Potassium 160mg | 5% | | |
| Total Carbohydrate 48g | 16% | | |
| Dietary Fiber 2g | 6% | | |
| Sugars 27g | | | |
| Sugar Alcohol 0g | | | |
| Protein 3g | 6% | | |
| 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, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PALM OIL AND SOYBEAN OIL, WITH MONO- AND DIGLYCERIDES ADDED) (SOYBEANS), WHOLE EGGS (EGG), MILK SOLIDS (NONFAT DRY MILK, WHEY) (MILK), MODIFIED CORN STARCH, SALT, CINNAMON, SPICES, BAKING SODA

CONTAINS: EGG, MILK, SOYBEANS AND WHEAT.