MACKINAC BLACK SWAMP RASPBERRY

Nutrition Facts

Serving Size: 1/2 cup (71g)
Servings Per Container: 12

Amount Per Serving

Calories 210	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18**%
Saturated Fat 7g	**35**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 55mg	**2**%
Total Carbohydrate 24g	**8**%
Dietary Fiber 0g	**0**%
Sugars 18g	
Protein 2g	

Vitamin A 6%	•	Vitamin C 0%
Calcium 6%	•	Iron 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

INGREDIENTS: 14%MIX (FRESH MILK, FRESH CREAM, GRANULATED SUGAR, NON FAT MILK POWDER, CORN SYRUP SOLIDS, {MONO & DIGLYCERIDES, CELLULOSE GEL, CELLULOSE GUM, LOCUST BEAN GUM, AND CARRAGEENAN}), CHOCOLATE GRAHAM (PEANUT OIL, GRAHAM CRACKER CRUMBS, [WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE{VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID], SUGAR, CANOLA OIL, CORN SYRUP, MOLASSES, HONEY, CONTAINS TWO PERCENT OR LESS OF LEAVENING {BAKING SODA, SODIUM ACID PYROPHOSHPATE, MONOCALCIUM PHOSHATE}, SALT, BHA FOR FRESHNESS, SOY LECITHIN], COCOA POWDER, MONO & DIGLYCERIDES, SOY LECITHIN, NATURAL FLAVORS AND SALT)., RASPBERRY CUP (SUGAR, CORN SYRUP, COCONUT OIL, COCOA PROCESSED WITH ALKALI, PALM KERNEL OIL, RED RASPBERRY PUREE, COCOA, BLACK RASPBERRY JUICE CONCENTRATE, LEMON JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN [AN EMULSIFIER], MILK, CITRIC ACID, SODIUM BENZOATE [A PRESERVATIVE], POTASSIUM SORBATE [A PRESERVATIVE])., BLACK RASPBERRY (BLACKBERRY PUREE, CORN SYRUP, SUGAR, WATER, CITRIC ACID, ARTIFICIAL FLAVOR, POTASSIUM SORBATE AND SODIUM BENZOATE [PRESERVATIVES], FD&C RED #40, FD&C BLUE #1, AND FD&C YELLOW #5)., CHEESECAKE (WATER, CORN SYRUP , HFCS, CREAM CHEESE, MODIFIED FOOD STARCH , NONFAT DRY MILK, SALT, CITRIC ACID, POTASSIUM SORBATE, VANILLA, LACTIC ACID, TITANIUM DIOXIDE, NATURAL FLAVOR).

CONTAINS: MILK, WHEAT, SOY

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