

Nutrition Facts

Serving Size 1 (306g)

Serving Per Container About 4

Amount Per Serving

Calories 430

Calories from Fat 160

%Daily Value*

Total Fat 18g **27%**

Saturated Fat 7g **33%**

Trans Fat 0g

Cholesterol 140mg **47%**

Sodium 510mg **21%**

Total Carbohydrate 57g **19%**

Dietary Fiber 3g **13%**

Sugars 28g

Protein 11g **22%**

Vitamin A 8%

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Vitamin C 8%

Calcium 25%

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Iron 20%

* 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: Apples, raw, without skin, Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink, Bread, white, commercially prepared (includes soft bread crumbs), Egg, whole, raw, fresh, GO VEGGIE Vegan Classic Plain Cream Cheese, Sugars, brown, Syrups, maple, Earth Balance Vegan Original Buttery Spread, Spices, cinnamon, ground, Spices, nutmeg, ground
Contains: Egg, Tree Nuts, Wheat