

Nutrition Facts

Serving Size 1 slice (140g)

Serving Per Container About 10

Amount Per Serving

Calories 360

Calories from Fat 140

%Daily Value*

Total Fat 15g **23%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 440mg **18%**

Total Carbohydrate 53g **18%**

Dietary Fiber 2g **10%**

Sugars 38g

Protein 3g **6%**

Vitamin A 2%

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Vitamin C 4%

Calcium 8%

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Iron 4%

* 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: Pumpkin puree, Sugar, Gluten Free Graham Crackers, SILK Vanilla soy yogurt (single serving size), Egg, Coconut Oil, Gluten Free All Purpose Flour, Vanilla extract, Cinnamon, Ginger, Nutmeg, Cloves

Contains: Egg, Tree Nuts, Soybeans

