

# Nutrition Information

## Selection Blueberry-Apple Crisp (21187)

| Nutrition Facts                                                                                                                     |           |                     |          |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------|----------|
| Serving Size 32 g                                                                                                                   |           |                     |          |
| Servings Per Container 8 oz Cup                                                                                                     |           |                     |          |
| Amount Per Serving                                                                                                                  |           |                     |          |
| Calories 120                                                                                                                        |           | Calories from Fat 5 |          |
|                                                                                                                                     |           | % Daily Value*      |          |
| Total Fat                                                                                                                           | 1g        |                     | 1 %      |
| Saturated Fat                                                                                                                       | 0.5g      |                     | 4 %      |
| Trans Fat                                                                                                                           | 0g        |                     |          |
| Cholesterol                                                                                                                         | 0mg       |                     | 0 %      |
| Sodium                                                                                                                              | 100mg     |                     | 4 %      |
| Total Carbohydrate                                                                                                                  | 28g       |                     | 9 %      |
| Dietary Fiber                                                                                                                       | 0g        |                     | 0 %      |
| Sugars                                                                                                                              | 18g       |                     |          |
| Protein                                                                                                                             | 1g        |                     |          |
| Vitamin A 0% • Vitamin C 0%                                                                                                         |           |                     |          |
| Calcium 4% • Iron 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 | 65 g                | 80 g     |
| Sat Fat                                                                                                                             | Less than | 20 g                | 25 g     |
| Cholesterol                                                                                                                         | Less than | 300 mg              | 300 mg   |
| Sodium                                                                                                                              | Less than | 2,400 mg            | 2,400 mg |
| Total Carbohydrate                                                                                                                  |           | 300 g               | 375 g    |
| Dietary Fiber                                                                                                                       |           | 25 g                | 30 g     |
| Calories per gram:                                                                                                                  |           |                     |          |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                  |           |                     |          |

INGREDIENTS: Sugar, Whey, Maltodextrin, Creamer (Corn Syrup Solids, Coconut Oil, Dipotassium Phosphate, Sodium Caseinate (a milk derivative), Titanium Dioxide, Silicon Dioxide (flow agent), Mono & Diglycerides, Turmeric and Annatto extracts, and Artificial Flavor.), Silicon Dioxide (to prevent caking), Natural & Artificial Flavor, Cellulose Gum, Instant Coffee

CONTAINS: Milk

Caffeine: 13mg