



## Nutrition Facts

Serving Size 1 pudding cup (92g)  
 Servings Per Container 4

**Amount Per Serving**

**Calories** 110 **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0.5g

**Cholesterol** 0mg **0%**

**Sodium** 115mg **5%**

**Potassium** 95mg **3%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 2g **8%**

Sugars 13g

**Protein** less than 1g

Vitamin A 0% • Vitamin C 0%

Calcium 30% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.