

06/04/2014

Nutrition Facts	
Serving Size About 3 Twists (44g)	
Servings Per Container About 3	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 32g	11%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 70%
Calcium 0%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Enriched Wheat Flour (Wheat, Iron, Niacin, Thiamin, Riboflavin & Folic acid), High Fructose Corn Syrup, Sugar, Corn Syrup, Apple Juice Concentrate, Water, Modified Food Starch (Corn), Artificial Flavor, Citric Acid, Salt, Palm Oil, Soy Lecithin, Glycerine, Malic Acid, Soy Mono & Diglyceride, Ascorbic Acid, Titanium Dioxide, Artificial Color (FD&C Red No. 40, Red No. 3).

CONTAINS WHEAT AND SOY