

Reading Nutrition Labels

Nutrition Facts	
Serving Size 1/2 Cup (125g)	
Servings Per Container About 20	
Amount Per Serving	
Calories 100	Calories from Fat 20
Total Fat 4g	
Saturated Fat 2g	
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 100g	80%
Sodium 100mg	8%
Total Carbohydrate 1g	8%
Dietary Fiber 1g	1%
Sugars 0g	
Protein 1g	
Vitamin A 10%	
Vitamin C 10%	
Calcium 10%	
Iron 10%	
*Percent Daily Values are based on a 	
Ingredients: Sugar, Flour, Eggs, Butter, Vanilla, Baking Powder, Salt.	
Allergens: Contains eggs and wheat. May contain traces of peanuts and soybeans.	
Phosphorus 10%	
Potassium 10%	
Magnesium 10%	
Zinc 10%	
Copper 10%	
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