

# Nutrition Facts

Serving Size 1/10th of package (77g)

Servings Per Container 10

Amount Per Serving	Mix	Prepared
<b>Calories</b>	320	570
Calories from Fat	70	290
	% Daily Value**	
<b>Total Fat</b> 7g*	<b>11%</b>	<b>51%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>80%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>35%</b>
<b>Sodium</b> 260mg	<b>11%</b>	<b>14%</b>
<b>Total Carbohydrate</b> 62g	<b>21%</b>	<b>21%</b>
Dietary Fiber 2g	<b>8%</b>	<b>8%</b>
Sugars 46g		
<b>Protein</b> 3g		
<b>Vitamin A</b>	<b>0%</b>	<b>15%</b>
<b>Vitamin C</b>	<b>0%</b>	<b>0%</b>
<b>Calcium</b>	<b>4%</b>	<b>10%</b>
<b>Iron</b>	<b>8%</b>	<b>8%</b>
<b>Thiamin</b>	<b>10%</b>	<b>10%</b>
<b>Riboflavin</b>	<b>4%</b>	<b>10%</b>
<b>Niacin</b>	<b>4%</b>	<b>4%</b>
<b>Folic Acid</b>	<b>6%</b>	<b>8%</b>

\*Amount in Mix . Prepared contributes an additional 250 Calories (220 Calories from Fat), 26 g Total Fat (16 g Saturated Fat, 1 g Trans Fat), 105 mg Cholesterol, 80 mg Sodium, 2 g Total Carbohydrate (2 g Sugars), 3 g Protein.

\*\*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

## BAKING BOX PUMPKIN PECAN SPOONABLE CAKES MIX NET WT 27 OZ (1 LB 11 OZ) 766g

**INGREDIENTS:** Confectioners' Sugar (Cane Sugar, Cornstarch), King Arthur Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cane Sugar, Pecans, Brown Sugar, Wheat Starch, Pumpkin Flakes, Molasses (Molasses, Maltodextrin), Spices, Baking Powder (Corn Starch, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Sea Salt.

**CONTAINS: WHEAT, PECANS**

**DO NOT EAT RAW MIX,  
DOUGH, OR BATTER.**

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, walnuts, and coconut.



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