

Nutrition Label

F24530 Fruit & Nut Loaf

Nutrition Facts

Serving Size 56 g (2 oz)
 Servings Per Container 9

Amount Per Serving

Calories 160 Calories from Fat 35

% Daily Value*

Total Fat 4g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 8g	

Protein 4g

Vitamin A 4% • Vitamin C 4%
 Calcium 2% • Iron 10%

* 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
Sat 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: Water, Unbleached Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), Whole Wheat Flour, Apricots, Pistachio Nuts, Hazelnuts, Cranberries, Cherries, Maple Syrup, Dates, Orange Peel, Honey, Wheat Bran, Rye Flour, Salt, Yeast, Allspice

CAUTION: DRIED FRUITS AND NUTS
 MAY CONTAIN PIT OR SHELL
 FRAGMENTS
 MAY CONTAIN EGGS, SOY AND/OR
 MILK
 CONTAINS: NUTS. WHEAT