



Fully-Baked Apple Braid with Frosting - 16 oz

Apple Braid - 14 oz (without frosting)

Ingredients: Braid (enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, margarine [palm oil, water, salt, vegetable monoglycerides, natural butter flavor {milk}, sodium benzoate {a preservative}, citric acid, vitamin A palmitate added and beta carotene {color}], sugar, milk solids [milk protein concentrate, nonfat dry milk, lactose], powdered egg [wheat flour, soybean oil, cellulose gum, whole egg solids, lecithin, sodium bicarbonate, salt, annatto and turmeric], yeast, salt, dough conditioner [wheat flour, dextrose, diacetyl tartaric acid esters of mono and diglycerides {DATEM}, contains 2% or less of soy oil, ascorbic acid, enzyme]); Filling (water, high fructose corn syrup, evaporated apples [preserved with sulfur dioxide], modified food starch, sugar, citric acid, salt, sodium citrate, sodium benzoate and potassium sorbate {as preservatives}, spices, gellan gum, ascorbic acid, artificial flavor, calcium chloride).

Contains the following allergens: Wheat, Milk, Soybeans, Eggs. Allergy Information: Manufactured on equipment that processes products containing nuts.

Nutrition Facts			
Serving Size 1/8 Braid (50 grams)			
Servings Per Container 8			
Amount Per Serving			
Calories 120	Calories from Fat 20		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 5mg	1%		
Sodium 200mg	8%		
Total Carbohydrate 22g	7%		
Dietary Fiber less than 1g	3%		
Sugars 6g			
Protein 3g			
Vitamin A 0%	Vitamin C 10%		
Calcium 0%	Iron 6%		
* 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

Frosting Packet - 2 oz

Ingredients: Powdered sugar, water, vegetable spread (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, potassium sorbate and sodium benzoate [as preservatives], citric acid, natural and artificial flavor, beta carotene [color], vitamin A palmitate added, whey), nonfat dry milk, vanilla.

Nutrition Facts			
Serving Size 1/8 Packet (7 grams)			
Servings Per Container 8			
Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 5mg	0%		
Total Carbohydrate 5g	2%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 0g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 0%		
* 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



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