

Ingredients

INGREDIENTS: PUMPKIN.

Allergens

NONE

Nutrition Facts	
About 25 servings per package	
Serving size	1/2 Cup (122 g)
Amount Per Serving	
Calories	45
Nutrition Item and Amount per Serving	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	10%
Total Sugars 5g	
Incl. 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Iron 1mg	4%
Vitamin A 950mcg	100%
Calcium 20mg	0%
Potassium 330mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Please refer to the product label for the most accurate nutrition, ingredient, and allergen information. Product label may be found on pack, corrugate box, or on an insert inside the box.