

Almond Twist

Nutrition Facts

Serving Size: (42g)
Servings Per Container:
About 8

Calories 170
Calories from Fat 40

Amount/serving	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 1g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 8%

Amount/serving	% Daily Value*
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 6g	

* 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

INGREDIENTS: UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, EGGS, SUNFLOWER OIL, SUGAR, PURIFIED SEA SALT, INSTANT DRY YEAST, ALMOND FILLING (ALMONDS, CORN SYRUP, WATER, SUGAR, MODIFIED CORNSTARCH, MILK, COCONUT, SALT, NATURAL ALMOND FLAVOR)

CONTAINS: EGG, WHEAT, ALMOND