



Nutritional Information
Amount Per Serving

Percent Daily Values are based on a 2,000 calorie diet.

Royal Cake Company, Inc.
1-800-521-1721

Flavor	Apple Flip		Banana		Chocolate Chip		Chocolate		Devil's Food		Oatmeal		Raisin	
Serving Size	1.13 oz (32g)		1.06 oz (30g)		1.13 oz (32g)		1.13 oz (32g)		1.06 oz (30g)		1.13 oz (32g)		1.06 oz (30g)	
Servings Per Container	115-125		115-125		115-125		115-125		115-125		115-125		115-125	
Calories	110		110		140		130		110		130		110	
Calories from Fat	30		40		50		50		40		45		40	
Total Fat	3.5g	5%	4.5g	7%	6g	9%	5g	8%	4.5g	7%	5g	8%	4.5g	7%
Saturated Fat	1g	4%	1g	4%	1.5	8%	1.5g	7%	1g	4%	1.5g	6%	1g	5%
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium	80mg	3%	115mg	5%	120mg	5%	115mg	5%	90mg	4%	135mg	6%	115mg	6%
Total Carbohydrate	20g	7%	18g	6%	20g	7%	20g	7%	17g	6%	20g	7%	17g	9%
Dietary Fiber	0g	0%	0g	0%	0g	0%	<1g	3%	0g	0%	<1g	3%	0g	0%
Sugars	10g		11g		12g		12g		12g		12g		11g	
Protein	1g		1g		1g		1g		1g		2g		1g	
Vitamin A	0%		0%		0%		0%		0%		0%		0%	
Vitamin C	0%		0%		0%		0%		0%		0%		0%	
Calcium	0%		0%		0%		0%		0%		0%		2%	
Iron	4%		2%		2%		2%		2%		4%		2%	
Bread Serving	0.75		0.5		0.75		0.5		0.5		0.75		0.5	

Ingredients

Apple Pastry Flip: Enriched Unbleached and Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Fructose Corn Syrup, Sugar, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oil), Water, Apples (Preserved and Sulfur Dioxide), Dextrose, Corn Syrup, Corn Flour, Modified Corn Starch, Salt, Leavening [Sodium Bicarbonate, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate)], Artificial Flavorings, Sodium Stearoyl Lactylate, Glycerine, Sorbic Acid (Preservative), Spices, Wheat Gluten, Annatto/Turmeric (color), Citric Acid, Xanthan Gum.

Banana Cake Creme Filled: High Fructose Corn Syrup, Enriched Bleached and Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oil with Mono and Diglycerides), Corn Syrup, Water, Sugar, Dextrose, Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Artificial Flavorings, Salt, Sodium Propionate and Sorbic Acid (Preservatives), Sodium Stearoyl Lactylate, Modified Food Starch, FD & C Yellow #5, Xanthan Gum, Propylene Glycol Alginate.

Chocolate Chip Creme Filled: Enriched Unbleached and Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Fructose Corn Syrup, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oil with Mono- and Diglycerides), Sugar, Corn Syrup, Water, Cocoa Drops [Sugar, Partially Hydrogenated Vegetable Oil (Soybean, Cottonseed), Cocoa Powder (may be processed with Alkali), Dextrose, Soy Lecithin (emulsifier), Vanillin (artificial flavor)], Carob Chips [Sugar, Partially Hydrogenated Palm Kernel Oil, Carob, Soy Lecithin (emulsifier)], Chocolate Drops [Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin (emulsifier), Vanillin (artificial flavor)], Oat Flour, Dextrose, Leavenings (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Artificial Flavorings, Modified Corn Starch, Molasses, Wheat Gluten, Sodium Stearoyl Lactylate, Cellulose, Sorbic Acid (Preservative), Xanthan Gum, Propylene Glycol Alginate.

Chocolate Creme Filled: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Fructose Corn Syrup, Vegetable Shortening (Partially Hydrogenated Soybean Oil and/or Cottonseed Oil with Mono- and Diglycerides), Sugar, Corn Syrup, Water, Cocoa, Dextrose, Leavenings (Sodium Bicarbonate, Ammonium Bicarbonate), Carob Powder, Oat Flour, Salt, Artificial Flavorings, Modified Corn Starch, Wheat Gluten, Sodium Stearoyl Lactylate, Sorbic Acid (Preservative), Xanthan Gum, Propylene Glycol Alginate.

Devil's Food Creme Filled: High Fructose Corn Syrup, Enriched Bleached and Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oil with Mono- and Diglycerides), Water, Corn Syrup, Sugar, Cocoa (Processed with Alkali), Dextrose, Leavenings (Ammonia Bicarbonate, Sodium Bicarbonate), Salt, Carob Powder, Caramel Coloring, Sorbic Acid and Potassium Sorbate (Preservatives), Artificial Flavorings, Sodium Stearoyl Lactylate, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Modified Food Starch, Xanthan Gum, Propylene Glycol Alginate.

Oatmeal Creme Filled: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Fructose Corn Syrup, Rolled Oats, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oil with Mono- and Diglycerides), Sugar, Corn Syrup, Water, Raisins, Dextrose, Leavenings (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Molasses, Sodium Stearoyl Lactylate, Artificial Flavorings, Sorbic Acid (Preservative), Xanthan Gum, Propylene Glycol Alginate.

Raisin Creme Filled: Enriched Bleached and Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B], Riboflavin [Vitamin B], Folic Acid), High Fructose Corn Syrup, Vegetable Shortening (Partially Hydrogenated Soybean and /or Cottonseed Oil with Mono- and Diglycerides), Water, Corn Syrup, Sugar, Raisins, Dextrose, Oat Flour, Artificial Flavorings, Leavenings (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Wheat Gluten, Modified Corn Starch, Sodium Propionate and Sorbic Acid (Preservatives), Xanthan Gum, Propylene Glycol Alginate.