



Product Name: Instant Milk Chocolate Pudding
 Hormel Item Number 04186

Nutrition Facts

	per 100	
Calories	<u>388.37</u>	
Calories from Fat	<u>7.92</u>	
Total Fat	<u>0.88</u>	g
Saturated Fat	<u>0.36</u>	g
Trans Fat	<u>0.00</u>	g
Poly Unsaturated Fat	<u>0.00</u>	g
Mono Unsaturated Fat	<u>0.53</u>	g
Cholesterol	<u>0.00</u>	mg
Sodium	<u>1299.52</u>	mg
Potassium	<u>166.13</u>	mg
Total Carbohydrate	<u>93.38</u>	g
Dietary Fiber	<u>n/a</u>	g
Sugars	<u>77.16</u>	g
Protein	<u>1.24</u>	g
Vitamin A	<u>0.00</u>	IU
Vitamin C	<u>0.00</u>	mg
Calcium	<u>20.83</u>	mg
Iron	<u>1.62</u>	mg

Source: Analysis