

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision:

GINGERBREAD (XXGINV-02)

Nutrition Facts

Serving Size 1/2 cup dry (68g)
Servings Per Container

Amount Per Serving

Calories	280
Calories from Fat	45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Trans Fat 1.5g	
Cholesterol less than 5mg	1%
Sodium 430mg	18%
Total Carbohydrate 53g	18%
Dietary Fiber 1g	5%
Sugars 27g	
Protein 3g	
Vitamin A	0%
Vitamin C	8%
Calcium	6%
Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
4.5lb	about 30
5lb	about 33
25lb	about 167
50lb	about 334

INGREDIENT STATEMENT

ENRICHED BLEACHED FLOUR (BLEACHED FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN OIL, COTTONSEED OIL) WITH EMULSIFIER (PROPYLENE GLYCOL MONOESTERS, MONO- AND DIGLYCERIDES, LECITHIN), MOLASSES, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), WHEY, SPICE, SALT, FOOD STARCH-MODIFIED, SOY FLOUR, WHEAT STARCH, SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, EGG YOLK, CORN STARCH, EGG WHITE, SODIUM CASEINATE

CONTAIN: EGG, MILK, SOY, WHEAT