

S'MORES SNACK MIX, REVISION
DUTCH VALLEY FOODS
NUTRIPAR
August 14,2005

Nutrition Facts	
Serving Size 1/4 cup (30g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber less than 1g	3%
Sugars 14g	
Protein 2g	
Vitamin A 2%	• Vitamin C 2%
Calcium 6%	• Iron 4%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Cookie(enriched flour(wheat flour,niacin,iron,thiamine,riboflavin,folic acid),whole wheat/ graham flour,sugar,vegetable oil shortening(hydrogenated soybean and/cottonseed oils), corn syrup,molasses,honey,salt,sodium bicarbonate;chocolate marshmallow(milk chocolate(sugar,cocoa butter,milk,chocolate liquor, lecithin emulsifier,artificial flavor), marshmallows(corn syrup,sugar,modified cornstarch,gelatin,tetrasodium pyrophosphate(whipping aid), gum Arabic,corn syrup,sugar,certified confectioners glaze white marshmallows(white coating(sugar, partially hydrogenated palm kernal oil,nonfat dry milk solids,whole milk solids,lecithin,salt, natural & artificial flavor,marshmallows(corn syrup,sugar,modified cornstarch,gelatin, tetrasodium pyrophosphate(whipping aid),gum Arabic,corn syrup,sugar,&certified confectioners glaze.;milk chocolate(sugar,milk,cocoa butter,chocolate,soy lecithin,vanillin,artificial flavor; graham squares(corn meal,sugar,whole wheat,brown sugar,modified corn starch,tricalcium phosphate,partially hydrogenated soybean oil,honey salt,nonfat milk,baking soda dextrose, trisodium phosphate,zinc,sodium ascorbate,niacin,artificial flavor, vitamins B6,B1,A,Folic acid,B12,D,BHT).