

# Nutrition Information

## Selection Blueberry Crumble (21187)

<b>Nutrition Facts</b>	
Serving Size 32 g (1.1 oz)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3 %</b>
Saturated Fat 0.5g	<b>3 %</b>
<i>Trans</i> Fat 1g	
<b>Cholesterol</b> 5mg	<b>2 %</b>
<b>Sodium</b> 90mg	<b>4 %</b>
<b>Total Carbohydrate</b> 25g	<b>8 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 17g	
<b>Protein</b> 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
* 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: Sugar, Non-Dairy Creamer (Corn Syrup Solids, Partially Hydrogenated Coconut And/Or Soybean Oil, Sugar, Sodium Caseinate [A Milk Derivative], Dipotassium Phosphate, Mono & Diglycerides, Sodium Silico Aluminate, Artificial Color And Flavor), Whey, Maltodextrin, Instant Coffee, Cellulose Gum, Natural & Artificial Flavor, Silicon Dioxide, Cocoa Powder (processed with alkali)

CONTAINS: MILK

Caffeine: 18 mg