

NUTRITION FACTS

Serving size: 3 tbsp (34 g)

Servings Per Container: About 47

Amount Per Serving

Calories 140 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 25g

Protein 2g

Vitamin A 0% • **Vitamin C** 4%

Calcium 8% • **Iron** 2%

*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: SUGAR, NONDAIRY CREAMER [COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, SODIUM CITRATE, MONO AND DIGLYCERIDES, SALT, SODIUM ALUMINOSILICATE (ANTICAKING AGENT)], NONFAT MILK, PUMPKIN POWDER (MALTODEXTRIN, CORN FLOUR, SUNFLOWER LECITHIN), TEA BLEND (BLACK TEA AND DARJEELING TEA), NATURAL FLAVOR, SPICE BLEND (CINNAMON, NUTMEG, ALLSPICE, GINGER, CLOVE, CARDAMON AND ANISE), HONEY GRANULES (SUCROSE, HONEY), SALT, SILICON DIOXIDE (ANTICAKING AGENT), GUAR GUM, CARRAGEENAN GUM, BOURBON VANILLA EXTRACT FROM MADAGASCAR.