

Nutritional Information Per 100 Grams
ART#72-NS Natural Pumpkin Spice Artisan Flavor

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
+ ART#72-NS	1 Serving		100.00	326.85	0.53	0.22
Total	1 Serving		100.00	326.85	0.53	0.22

Item Name	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)
+ ART#72-NS	0.07	0.00	68.01	0	65.09	62.66
Total	0.07	0.00	68.01	0	65.09	62.66

Item Name	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
+ ART#72-NS	0.12	21.21	0.10	0	14.30	0.16
Total	0.12	21.21	0.10	0	14.30	0.16

Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
+ ART#72-NS	58.33	10.72	0.52	0	0	25.00
Total	58.33	10.72	0.52	0	0	25.00

ART#72-NS

11/17/2021

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **330**

% Daily Value*

Total Fat 0.5g **1%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 10mg **0%****Total Carbohydrate** 68g **25%**Dietary Fiber 0g **0%**

Total Sugars 65g

Includes 63g Added Sugars **126%****Protein** 0gVitamin D 0mcg **0%**Calcium 14mg **2%**Iron 0mg **0%**Potassium 58mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4