

ALMOND

Nutritional Facts			
Serving Size 1.8 ozs			
Servings Per Container 12			
Amount Per Serving			
Calories	240	From Fat	120
% Daily Value			
Trans Fat	4 g		
Total Fat	14 g		21 %
Saturated Fat	4 g		16 %
Polyunsaturated Fat	2 g		
Monounsaturated Fat	5 g		
Cholesterol	5 g		2 %
Sodium	170 mg		7 %
Total Carbohydrate	26 g		9 %
Dietary Fiber	1 g		3 %
Sugars	15 g		
Protien	4 g		
Vitamin A	6 %	Vitamin C	0 %
Calcium	6 %	Iron	0 %
Thiamin	6 %	Riboflavin	0 %
Niacin	6 %		

Ingredients: KRINGLE DOUGH: Enriched Bleached Flour (Bleached Wheat Flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), Margarine (hydrogenated soybean and cottonseed oils, skim milk, vegetable mono and diglycerides and soy lecithin, vitamin A palmitate, beta carotene, artificial flavor), Eggs, Water, Non-Fat Dry Milk, Sugar, Yeast, Salt, Malt, Calcium Propionate, FILLING: Brown Sugar (sugar, invert sugar, cane molasses), Vegetable Shortening (hydrogenated soybean and cottonseed oils), Enriched Bleached Flour (Bleached Wheat Flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), water, salt, cinnamon, Blanched Apricot Kernels, Blanched Almonds, ICING: Powdered Sugar (sugar, cornstarch), Water, Stabilizer (dextrose, calcium sulfate, calcium carbonate, agar, locust bean gum, titanium dioxide), Vegetable Shortening), Natural & Artificial Flavors