Pumpkin

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 3g	

Vitamin A 2%	• Vitamin C 2%
Calcium 10%	• Iron 0%

*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

Live & Active Cultures

INGREDIENTS:

Pasteurized and Cultured Skim Milk, Sugar, Pumpkin

Base (Corn Syrup, Pumpkin, Sugar, Water, Natural and Artificial

Flavor, Salt, Ginger, Spice, Cloves, Citric Acid, Yellow #6), Corn Syrup,

Whey, Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum,

Carrageenan, Modified Food Starch, Pectin. Contains the following

live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and

L. acidophilus