

Handout 5.7: Product Label 4, Soft Snack Cakes

Soft Snack Cakes

3 cakes=3 servings

Net Wt. 2.65 oz (75 g)

Servings per Container 3

Nutrition Facts

Serving Size: 1 cake

3 cakes

Calories	110	340
Protein	1 g	3 g
Total Carbohydrate	16 g	49 g
Dietary Fiber	0 g	<1 g
Sugars	11 g	33 g
Total Fat	5 g	15 g
Saturated Fat	1 g	3.5 g
Trans Fat	0 g	0 g
Polyunsaturated fat	1 g	3 g
Cholesterol	0 mg	5 g
Sodium	70 mg	200 mg
Potassium	20 mg	55 mg
Vitamin A	0%	
Vitamin C	0%	
Iron	0%	
Calcium	0%	

Ingredients: SUGAR, ENRICHED UNBLEACHED AND BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN, FOLIC ACID, CANOLA OIL, AND/OR PALM OIL AND/OR PALM KERNEL OIL, HIGH FRUCTOSE CORN SYRUP, SKIM MILK, FRUCTOSE, DEXTROSE, CORNSTARCH, EGG WHITES, SALT, CORN SYRUP, EMULSIFIER (VEGETABLE MONOGLYCERIDES, SOY LECITHIN), LEAVING (BAKING SODA AND/OR SODIUM ACID PYROPHOSPHATE AND/OR CALCIUM PHOSPHATE), EGGS, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVOR, MALIC ACID, SODIUM ALGINATE, TRICALCIUM PHOSPHATE, POTASSIUM SORBATE ADDED TO PRESERVE FRESHNESS, TRISODIUM PHOSPHATE, CARAMEL COLOR. **CONTAINS: WHEAT, MILK, EGG, SOY**