



Apple Danish

Nutrition Facts	
Serving Size 1 Danish (113g)	
Amount Per Serving	
Calories 420	Calories from Fat 180
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	% Daily Value*
Total Fat 20g	31%
Saturated Fat 4.5g	23%
Trans Fat 6g	
Cholesterol 20mg	7%
Sodium 440mg	18%
Total Carbohydrate 54g	18%
Dietary Fiber 1g	4%
Sugars 26g	
Protein 7g	
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Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*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, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARELY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MARGARINE (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, ARTIFICIAL FLAVOR, COLORED WITH BETA-CARONETE, VITAMIN A PALMITATE ADDED), SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL AND PARTIALLY HYDROGENATED COTTONSEED OIL, WITH POLYGLYCEROL ESTERS OF FATTY ACIDS AND MONOGLYCERIDES ADDED, TBHQ AND CITRIC ACID ADDED TO HELP PROTECT FLAVOR), CINNAMON, EGGS, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), NONFAT MILK, SOY FLOUR, MAY CONTAIN 2% OR LESS OF: SALT, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, FOOD STARCH-MODIFIED, CITRIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), PROPYLENE GLYCOL, CALCIUM CARBONATE, AGAR, SORBITAN MONOSTEARATE, NATURAL AND ARTIFICIAL FLAVORS, DEXTROSE, CORN STARCH, LESS THAN 0.1% TUMERIC, LESS THAN 0.1% APO CAROTENAL, ALCOHOL, NATURAL MIXED TOCOPHEROLS, A NATURAL SOURCE OF VITAMIN E USED TO PROTECT FRESHNESS, RED 40, BLUE 1.

Contains Egg, Milk, Soy, Wheat.
 Manufactured in a Facility that Processes Peanuts and Tree Nuts.

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