

Hadley Farms Nutrition Label

1062 Whole Grain Apple Flip with Lite Drizzle Icing 1.5 oz.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 flip (43g) Serv. Per Cont. 240 Calories 130 Fat Cal. 35	Total Fat 4g	6%	Total Carb. 21g	7%
	Sat. Fat 1g	6%	Fiber 1g	6%
	<i>Trans</i> Fat 0g		Sugars 8g	
	Cholest. 5mg	1%	Protein 2g	
	Sodium 115mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 2%	• Vitamin C 0%	• Calcium 2%	• Iron 4%

INGREDIENTS: Whole Grain White Wheat Flour, Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Apple Filling (Water, Sugar, Modified Food Starch, Evaporated Apples, Corn Syrup, Cinnamon, Lemon Juice Concentrate, Locust Bean Gum, Artificial Flavors and Citric Acid), Sugar, Margarine (Palm Oil, Soybean Oil, Sugar, Mono & Diglycerides, Soybean Lecithin, Natural & Artificial Butter Flavor, Beta Carotene [Color], Citric Acid [Preservative], Vitamin A Palmitate added.), Soybean Oil, Contains less than 2% of: Dough Conditioners (Guar and/or Arabic Gums, Soybean Oil, Salt, Cultured Wheat Starch, Natural Wheat Sour, Wheat Flour, Rye Flour, Malted Barley Flour, Ascorbic Acid, Sodium Stearoyl Lactylate [SSL]), Non Fat Dry Milk Powder (Non Fat Dry Milk, Whey), Natural Orange Emulsion (Natural Flavor, Propylene Glycol, Gum), Yeast (Leavening), Salt, Corn Syrup, Eggs, Egg Replacer (Whole Soy Flour, Wheat Gluten, Corn Syrup Solids, Algin), Stabilizer (Calcium Carbonate, Agar, Locust Bean Gum, Mono & Diglycerides), Hydrogenated Palm Kernel Oil, Shortening (Palm Oil and Soybean Oil, Mono & Diglycerides), Mold Inhibitor (Cultured Organic Spelt Flour, Lactic Acid), Vanilla, Erythorbic Acid and Potassium Sorbate (Preservatives).

9.22 grams Whole Grain per Flip (51%)
 8.86 grams Enriched Grain per Flip (49%)
 1.0 OZ EQ per Flip

Competitive Foods Data
 Percent Calories from Fat (<=35%) 27.69%
 Percent Calories from Sat Fat (<10%) 6.92%
 Percent Sugar by Weight (<=35%) 18.60%

ALLERGEN INFORMATION
 CONTAINS: Eggs, Milk, Soy, Wheat