



Apple Crisp

Net Weight: 8.5 ounces (241g)

Ingredients:

Sugar, wheat flour (wheat flour, malted barley flour), rolled oats, spice, caramel color, natural butter flavor (from milk).

Nutrition Facts

Serving Size 1/9 Package (27g)

Servings Per Container 9

Amount Per Serving	Mix	As prepared with Butter
Calories	100	200
Calories from Fat	0	60
% Daily Value**		
Total Fat 0g*	0%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g		
Cholesterol 0mg	0%	5%
Sodium 0mg	0%	2%
Total Carbohydrate 25g	8%	12%
Dietary Fiber 0g	0%	8%
Sugars 18g		
Protein 1g		
Vitamin A	0%	4%
Vitamin C	0%	6%
Calcium	0%	2%
Iron	2%	2%

*Amount in Mix. **As prepared with butter contributes an additional 100 Calories (60 Calories from Fat), 7g Total Fat (4g Saturated Fat), 15mg Cholesterol, 45mg Sodium, 11g Total Carbohydrate (2g Dietary Fiber, 9g Sugars), 1g Protein.

**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

Date Information Was Last Refreshed: March 30, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.