

Ingredients and Nutrition Facts Carrot Cake

Carrot Cake: Sugar, Carrots, Soybean Oil, Wheat Flour, Butter, Cream Cheese (pasteurized cultured milk and cream, whey, salt, and guar gum), **Eggs, Raisins, Walnuts, Pecans, Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) **Baking Soda, Cinnamon, Citric Acid, Natural Flavors.**

Nutrition Facts			
Serving Size 136 g			
Servings per Container 14			
Amount per Serving			
Calories 570		Calories from Fat 310	
		% Daily Value*	
Total Fat 35g			53 %
Saturated Fat 11g			54 %
<i>Trans</i> Fat 0g			
Cholesterol 80mg			27 %
Sodium 260mg			11 %
Total Carbohydrate 60g			20 %
Dietary Fiber 2g			8 %
Sugars 46g			
Protein 5g			
Vitamin A 60 %		• Vitamin C 4 %	
Calcium 6 %		• Iron 8 %	
* 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
Sat 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		• Carbohydrates 4 • Protein 4	