

Ingredients Nutrition
Shortcake (Vera Janes)

Shortcake: Flour, Buttermilk, Sugar, Butter, Eggs, Salt, Baking Soda, Vanilla Extract.

Nutrition Facts	
Serving Size 28 7/20 g	
Servings per Container 5	
Amount per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	
Vitamin A 4%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* 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	