



Lyman Orchards® Apple Crisp [gluten free]



Nutrition Facts			
Serving Size 1 Scoop (129 g)			
Servings Per Container 7			
Amount Per Serving			
Calories 260		Calories from Fat 60	
		% Daily Value*	
Total Fat 6g			10%
Saturated Fat 2.5g			11%
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 2.5g			
Monounsaturated Fat 1.5g			
Cholesterol 0mg			0%
Sodium 105mg			4%
Potassium 115mg			3%
Total Carbohydrate 49g			16%
Dietary Fiber 3g			11%
Sugars 34g			
Sugar Alcohol 0g			
Protein 2g			3%
Vitamin A			6%
Vitamin C			0%
Calcium			2%
Iron			4%
Thiamin			2%
Riboflavin			0%
Niacin			2%
* 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	• Carbohydrate 4	• Protein 4

INGREDIENTS:

Filling: Fresh apples, sugar, modified corn starch, cinnamon, nutmeg

Topping: Brown sugar, rice flour, margarine (vegetable oil (soybean, palm), water, mono- & di-glycerides, nonfat dry milk, soy lecithin, sodium benzoate (preservative), artificial flavor, vitamin A palmitate, beta carotene (color)), gluten free whole grain oats, salt.

Contains: MILK, SOY. May contain traces of Egg, Peanuts, Tree Nuts, Coconut.

INGREDIENT DISCLAIMER: PLEASE READ CAREFULLY

Ingredients are subject to change without notice there fore do not save this document or distrube as changes may occure. Please refer to the lastest version www.mcmfundraising.com or call 1-888-774-5889 for specific ingredient lists.