



# Nutrition & Ingredient

## Blueberry Cream Pastry Puffins®

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 pastry (54.36g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 7g	
Includes 7g of Added Sugars	<b>14%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>0%</b>
Iron 1mg	<b>4%</b>
Potassium 20mg	<b>0%</b>

\* The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice

### INGREDIENTS

**Dough:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Palm, Soybean), Water, Butter, Salt, Sugar, Acid Salt, Ascorbic Acid.

**Blueberry Filling:** Water, High Fructose Corn Syrup, Blueberries, Food Starch-Modified, Sugar, Dried Apples (Apples, Preservative [Sodium Sulfite]), Contains 2% or less of: Blue 1, Citric Acid, Corn Syrup Solids, Lemon Juice Solids, Lemon Oil, Natural and Artificial Flavor, Preservatives (Potassium Sorbate, Sodium Benzoate), Propylene Glycol, Red 40, Salt. **Creamy Vanilla Filling:** Water, High Fructose Corn Syrup, Sugar, Food Starch-Modified, Contains 2% or less of: Artificial Flavor, Caramel Color, Citric Acid, Mono- and Diglycerides, Palm Oil, Polysorbate 60, Preservatives (Sodium Benzoate, Sorbic Acid), Salt, Titanium Dioxide (Color), Yellow 5, Yellow 6.

**Icing:** Sugar, Water, Corn Syrup. Contains less than 2% of: Citric Acid, Color Added, Dextrose, Gums (Agar, Guar), Natural and Artificial Flavor, Pectin, Potassium Sorbate (Preservative), Salt, Stearic Acid.

### ALLERGEN INFORMATION

CONTAINS WHEAT AND MILK.

**MANUFACTURED ON EQUIPMENT THAT PRODUCES PASTRIES CONTAINING EGG, SOY, PEANUTS, AND TREE NUTS.**

### SHELF LIFE

Provides 180 days of satisfactory performance when stored in a sealed package and maintained at -10° F.