Nutritional Information

PUMPKIN SERVING SIZE ½ CUP (71G)

CALORIES	150	
CALORIES FROM FAT	70	
TOTAL FAT	8g	12%
SATURATED FAT	5g	25%
CHOLESTEROL	35mg	12%
SODIUM	20mg	1%
TOTAL CARBOHYDRATES	17g	6%
DIETARY FIBER	0g	0%
SUGARS	16g	
PROTEIN	2g	
VITAMIN A		28
VITAMIN C		0%
CALCIUM		6%
IRON		1%

Ingredients: Milk, Cream, Sugar, Corn Sweetener, Whey, Nonfat Milk, Mono and Diglycerides, Guar Gum, Polysorbate 80, Carrageenan/ Pumpkin, Sugar, Cinnamon, Salt, Ginger, Nutmeg, Cloves, Natural Flavors, Sodiun Benzoate.