

## Apple Filled Frudel

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Milk, Wheat

Amount Per Serving

Calories: 210

Calories from Fat: 54

<b>Total Fat:</b>	<b>6.0g</b>
Saturated Fat:	1.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>260mg</b>
<b>Total Carbohydrate:</b>	<b>36.0g</b>
Dietary Fiber:	2.0g
Sugars:	11.0g
<b>Protein:</b>	<b>5.0g</b>

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: .0mg

Iron: 1.1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Frudel, Apple Filled (mfg label): WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), APPLE STRUDEL FILLING (WATER, SUGAR, CORN SYRUP, MODIFIED CORN STARCH, APPLE PULP, MALIC ACID, PALM KERNEL OIL, MOLASSES, SODIUM CITRATE, SALT, SODIUM BENZOATE [PRESERVATIVE], GELLAN GUM, SPICE, XANTHAN GUM, LOCUST BEAN GUM, CARRAGEENAN, NATURAL FLAVOR), SUGAR, PALM, CANOLA AND SOYBEAN OIL, YEAST. CONTAINS 2% OR LESS OF: NONFAT MILK, SALT, NATURAL FLAVOR, TBHQ (PRESERVATIVE). CONTAINS WHEAT AND MILK. [900437]