NEW YORK STATE | Office of Mental Health

Ambrosia Pudding (1117)

09/25/2018

Nutrition Facts

Serving Size 1/2 cup (131g)
Servings Per Container 44

Amount Per Serving	
Calories 140	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**3**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 70mg	**3**%
Total Carbohydrate 29g	**10**%
Dietary Fiber 0g	**1**%
Sugars 24g	
Protein 3g	

Vitamin A 4%	• Vitamin C 2%
Calcium 10%	• 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
Saturated 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: 1% LOWFAT MILK (Lowfat Milk [1% milkfat], Vitamin A Palmitate, Vitamin D3), FRUIT COCKTAIL (Diced Peaches, Diced Pears, Water, Grapes, Pear Juice Concentrate, Pineapple Segments, Halved Cherries Artificially Colored Red with Carmine), SUGAR, CREAM CHEESE (Pasturized Milk and Cream, Skim Milk, Whey Protein Concentrate, Whey, Modified Food Starch, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Lactic Acid, Natamycin [a natural mold inhibitor], Vitamin A Palmitate, Cheese Culture), MODIFIED FOOD STARCH (corn), SALT (Salt, Dextrose, Potassium Iodide, Yellow Prussiate of Soda), VANILLA FLAVOR (Dextose, Corn Starch, Water, Alcohol)
ALLERGEN: Contains Milk. Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

Order Number: C881117