



## Nutrition Facts

Serving Size 1 biscuit (136g)

Amount Per Serving	
Calories	373
Calories from Fat 199	
% Daily Value*	
<b>Total Fat</b>	22.1g <b>34%</b>
Saturated Fat	4.7g <b>24%</b>
Polyunsaturated Fat	6.4g
Monounsaturated Fat	9.1g
<b>Cholesterol</b>	244.8mg <b>82%</b>
<b>Sodium</b>	890.8mg <b>37%</b>
<b>Potassium</b>	238mg <b>7%</b>
<b>Total Carbohydrate</b>	31.9g <b>11%</b>
Dietary Fiber	0.8g <b>0%</b>
<b>Protein</b>	11.6g <b>22%</b>
Vitamin A	12%
Vitamin C	0%
Calcium	8%
Iron	18%

\* 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
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 1 brownie (2" square) (60g)

Amount Per Serving	
Calories	243
Calories from Fat 91	
% Daily Value*	
<b>Total Fat</b>	10.1g <b>16%</b>
Saturated Fat	3.1g <b>16%</b>
Polyunsaturated Fat	2.6g
Monounsaturated Fat	3.8g
<b>Cholesterol</b>	9.6mg <b>3%</b>
<b>Sodium</b>	153mg <b>6%</b>
<b>Potassium</b>	83.4mg <b>2%</b>
<b>Total Carbohydrate</b>	39g <b>13%</b>
<b>Protein</b>	2.7g <b>5%</b>
Vitamin A	0%
Vitamin C	5%
Calcium	3%
Iron	7%

\* 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
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 1 sandwich (155g)

Amount Per Serving	
Calories	457
Calories from Fat 256	
% Daily Value*	
<b>Total Fat</b>	28.5g <b>44%</b>
Saturated Fat	13g <b>65%</b>
Polyunsaturated Fat	1.9g
Monounsaturated Fat	11g
<b>Cholesterol</b>	110.1mg <b>37%</b>
<b>Sodium</b>	635.5mg <b>26%</b>
<b>Potassium</b>	308.5mg <b>9%</b>
<b>Total Carbohydrate</b>	22.1g <b>7%</b>
<b>Protein</b>	27.7g <b>52%</b>
Vitamin A	7%
Vitamin C	0%
Calcium	23%
Iron	19%

\* 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
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 1 slice (63g)

Amount Per Serving	
Calories	140
Calories from Fat 29	
% Daily Value*	
<b>Total Fat</b>	3.2g <b>5%</b>
Saturated Fat	1.5g <b>8%</b>
Polyunsaturated Fat	0.5g
Monounsaturated Fat	1g
<b>Cholesterol</b>	9.5mg <b>3%</b>
<b>Sodium</b>	335.8mg <b>14%</b>
<b>Potassium</b>	109.6mg <b>3%</b>
<b>Total Carbohydrate</b>	20.5g <b>7%</b>
<b>Protein</b>	7.7g <b>14%</b>
Vitamin A	8%
Vitamin C	2%
Calcium	12%
Iron	3%

\* 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
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 1 slice (79g)

Amount Per Serving	
Calories	184
Calories from Fat 48	
% Daily Value*	
<b>Total Fat</b>	5.4g <b>8%</b>
Saturated Fat	1.5g <b>8%</b>
Polyunsaturated Fat	0.9g
Monounsaturated Fat	2.5g
<b>Cholesterol</b>	20.5mg <b>7%</b>
<b>Sodium</b>	382.4mg <b>16%</b>
<b>Potassium</b>	178.5mg <b>5%</b>
<b>Total Carbohydrate</b>	21.3g <b>7%</b>
<b>Protein</b>	13g <b>25%</b>
Vitamin A	10%
Vitamin C	3%
Calcium	10%
Iron	9%

\* 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
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 0.5 cup (72g)

Amount Per Serving	
Calories	117
Calories from Fat 36	
% Daily Value*	
<b>Total Fat</b>	4g <b>6%</b>
Saturated Fat	2.5g <b>12%</b>
Polyunsaturated Fat	0.2g
Monounsaturated Fat	1.1g
<b>Cholesterol</b>	1.4mg <b>0%</b>
<b>Sodium</b>	62.6mg <b>3%</b>
<b>Potassium</b>	151.9mg <b>4%</b>
<b>Total Carbohydrate</b>	17.4g <b>6%</b>
Dietary Fiber	0g <b>0%</b>
Sugars	17.3g <b>6%</b>
<b>Protein</b>	2.9g <b>5%</b>
Vitamin A	3%
Vitamin C	1%
Calcium	10%
Iron	1%

\* 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
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 1 pancake (6" dia) (77g)

Amount Per Serving	
Calories	171
Calories from Fat 64	
% Daily Value*	
<b>Total Fat</b>	7.1g <b>11%</b>
Saturated Fat	1.5g <b>8%</b>
Polyunsaturated Fat	3.2g
Monounsaturated Fat	1.8g
<b>Cholesterol</b>	43.1mg <b>14%</b>
<b>Sodium</b>	317.2mg <b>13%</b>
<b>Potassium</b>	106.3mg <b>3%</b>
<b>Total Carbohydrate</b>	22.3g <b>7%</b>
<b>Protein</b>	4.7g <b>9%</b>
Vitamin A	3%
Vitamin C	3%
Calcium	16%
Iron	7%

\* 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
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 1 small (85g)

Amount Per Serving	
Calories	291
Calories from Fat 141	
% Daily Value*	
<b>Total Fat</b>	15.7g <b>24%</b>
Saturated Fat	3.3g <b>16%</b>
Polyunsaturated Fat	2.7g
Monounsaturated Fat	9g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	168.3mg <b>7%</b>
<b>Potassium</b>	585.7mg <b>17%</b>
<b>Total Carbohydrate</b>	33.8g <b>11%</b>
Dietary Fiber	3g <b>1%</b>
Sugars	0g <b>0%</b>
<b>Protein</b>	3.7g <b>7%</b>
Vitamin A	0%
Vitamin C	16%
Calcium	1%
Iron	4%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



## Nutrition Facts

Serving Size 1 enchilada (163g)

Amount Per Serving	
Calories	319
Calories from Fat 170	
% Daily Value*	
<b>Total Fat</b>	18.8g <b>29%</b>
Saturated Fat	10.6g <b>53%</b>
Polyunsaturated Fat	0.8g
Monounsaturated Fat	6.3g
<b>Cholesterol</b>	44mg <b>15%</b>
<b>Sodium</b>	784mg <b>33%</b>
<b>Potassium</b>	239.6mg <b>7%</b>
<b>Total Carbohydrate</b>	28.5g <b>10%</b>
<b>Protein</b>	9.6g <b>18%</b>
Vitamin A	23%
Vitamin C	2%
Calcium	32%
Iron	7%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Potassium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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# Nutrition Facts from

# CottonCandyVending.com



thecaloriecounter.com

Facts from thecaloriecounter.com