

Nutrition and Diet Services
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A dual declaration nutrition label is voluntarily provided to give information for both mix only and as prepared.

Client Name: Tealightful Treasures
 Product: Cranberry Orange Scone

Nutrition Facts

Serving Size: 1/8th Package (53 grams) 1 scone
 Servings per Container: 8

Amount per Serving	1/8 th package	1 scone
Calories	190	260
Calories from Fat	0	60
	% Daily	Values***
Total Fat 0g 6g	0%	10%
Saturated Fat 0g 1.5g	0%	7%
Cholesterol 0mg 0mg	0%	0%
Sodium 280mg 360mg	12%	15%
Total		
Carbohydrate 40g 44g	13%	15%
Dietary Fiber 1g 1g	5%	5%
Sugars 10g 13g		
Protein 4g 5g		
Vitamin A	0%	0%
Vitamin C	6%	8%
Calcium	0%	6%
Iron	10%	10%

***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	65 g	80g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4