

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: Lemon Poppyseed 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 | 5 | 60 |
| | % Daily | Values*** |
| Total Fat 1g 7g | 1% | 10% |
| Saturated Fat 0g 1.5g | 0% | 7% |
| Cholesterol 0mg 0mg | 0% | 0% |
| Sodium 290mg 380mg | 12% | 16% |
| Total | | |
| Carbohydrate 39g 43g | 13% | 14% |
| Dietary Fiber 1g 1g | 5% | 5% |
| Sugars 9g 12g | | |
| Protein 4g 6g | | |
| Vitamin A | 0% | 0% |
| Vitamin C | 0% | 2% |
| Calcium | 6% | 10% |
| 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