

**CALORIE CONTROL  
BRAND** ®

**BERNARD FOOD INDUSTRIES, INC.**  
EVANSTON, IL • TOLL FREE: 1-800-323-3663

LOW FAT

REDUCED CALORIE

LOW SODIUM

# TAPIOCA PUDDING DESSERT MIX

REORDER 519055

A reduced-calorie, genuine pearl **Tapioca Pudding Mix**.

Not only is this an excellent dessert for persons who simply want to reduce their intake of sugar, but it is an excellent calorie-reduction dessert for use in healthcare facilities, retirement centers, schools who wish to serve a dessert low in sugar, and all other types of institutional feeding.

Each 14 oz. pouch will yield 18 - cup  $\frac{1}{2}$  servings.

**Diabetic Exchange:** A  $\frac{1}{2}$  cup serving is approximately equal to  $\frac{1}{2}$  low-fat milk exchange and  $\frac{1}{4}$  starch/bread exchange.

**Gluten Free**

YIELD PER CASE: 216 -  $\frac{1}{2}$  cup servings

PACK SIZE: 12 @ 14 oz.

## Nutrition Facts

Serving Size  $\frac{1}{2}$  cup prepared (22g mix)

Servings Per Container 18

Amount Per Serving

**Calories 90**

Calories from Fat 20

% Daily Value \*

**Total Fat 2.5 g** 4%

Saturated Fat 1 g 6%

Trans Fat 0 g

**Cholesterol 5 mg** 2%

**Sodium 170 mg** 7%

**Potassium 150 mg** 4%

**Total Carbohydrate 14 g** 5%

Fiber 0 g 0%

Sugars 5 g

**Protein 3 g** 6%

Vitamin A 0%

Vitamin C 0%

Calcium 10%

Iron 0%

\* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

		Calories: 2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

**Ingredients:** BUTTERMILK SOLIDS, CORN STARCH, CREAMER POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, SODIUM SILICO ALUMINATE), TAPIOCA, EMULSIFIER (MONO AND DIGLYCERIDES, NONFAT MILK SOLIDS, MODIFIED CORN STARCH), SUNFLOWER OIL, SALT, TETRASODIUM PYROPHOSPHATE, ARTIFICIAL FLAVOR, ACESUFAME POTASSIUM, SUCRALOSE, YELLOW #5 AND #6.

Contains MILK

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