

**CALORIE CONTROL
BRAND** ®

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

LOW SODIUM

REDUCED CALORIE

LOW FAT

PUMPKIN PIE FILLING AND PUDDING MIX

REORDER 523523

A delicious, reduced calorie instant dessert mix that can be used to make a pumpkin pie or to be served as a tasty pudding.

Especially welcome during the holiday season, Thanksgiving through Christmas, it is also as an every day delight.

Calorie Control®Pumpkin Pie Mix can also be combined with our **Calorie Control® Cheesecake Mix** to create a delicious low-fat, low-sodium **Pumpkin Cheesecake**.

Gluten Free

YIELD PER CASE: 312 – ½ cup servings

PACK SIZE: 12 @ 16 oz.

Nutrition Facts

Serving Size 1/2 Cup Prepared (17 Mix)
Servings Per Container 26

Amount Per Serving	Mix	Mix Plus Skim Milk
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Calories	70	110
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Calories From Fat	20	25
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% Daily Value **

Total Fat 2.5g	4%	4%
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Saturated Fat 1g	5%	6%
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Trans Fat 0g		
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Cholesterol 0mg	1%	1%
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Sodium 160mg	7%	8%
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Potassium 180mg	5%	10%
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Total

Carbohydrate 10g	3%	5%
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Fiber 0g	2%	2%
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Sugars 4g		
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Protein 3g	5%	12%
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Vitamin A	6%	10%
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Vitamin C	2%	2%
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Calcium	10%	25%
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Iron	0%	0%
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* Amount in mix.

** 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
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: WHEY PROTEIN CONCENTRATE, MODIFIED CORN STARCH, SHORTENING POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOASSIUM PHOSPHATE, MONOGLYCERIDES, SODIUM SILICOALUMINATE), LOW MOISTURE PUMPKIN, SODIUM ALGINATE, SPICE, TETRASODIUM PYROPHOSPHATE, CALCIUM SULFATE, SUNFLOWER OIL, EMULSIFIER (MONO AND DIGLYCERIDES, NONFAT MILK SOLIDS, MODIFIED CORN STARCH), TITANIUM DIOXIDE (COLOR), ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM, CARAMEL COLOR, SUCRALOSE, YELLOW #6, YELLOW #5, RED #40.

Contains MILK

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Evanston, IL 60204-1497 1-800-323-3663