

**CALORIE CONTROL
BRAND**



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

**LOW FAT
NO SUGAR ADDED**

**REDUCED CALORIE
LOW SODIUM**

CHOCOLATE CHEESECAKE MIX

REORDER 553063

A serving of regular cheesecake made with sugar has 280 calories. **Calorie Control® Cheesecake Mixes** has only 75 calories per serving.

So easy to prepare - **NO COOKING**. Just add cold skim milk, mix, and presto! - delicious **low-fat cheesecake**.

Gluten Free

YIELD PER CASE: 144 – ½ cup servings

PACK SIZE: 6 @ 12 oz.

Nutrition Facts

Serving Size 1/2 Cup Prepared (14g Mix)
Servings Per Container 24

Amount Per Serving	Mix	Mix Plus Skim Milk
Calories	60	80
Calories From Fat	20	25
% Daily Value **		
Total Fat 2.5g*	4%	4%
Saturated Fat 2g	9%	9%
Trans Fat 0g		
Cholesterol 5mg	2%	2%
Sodium 115mg	5%	6%
Potassium 105mg	3%	5%
Total Carbohydrate 8g	3%	3%
Fiber 0g	1%	1%
Sugars 3g		
Protein 3g	5%	8%
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	6%	10%
Iron	2%	2%

* 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: NONFAT DRY MILK, CREAM CHEESE BLEND (BAKERS CHEESE [NONFAT MILK SOLIDS, LACTIC ACID, CULTURE], CREAM CHEESE SOLIDS, DISODIUM PHOSPHATE), WHIPPING BASE (HYDROGENATED PALM KERNEL OIL, MALTODEXTRIN, MONO AND DIGLYCERIDES, LACTIC AND FATTY ACIDS OF GLYCEROL, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE), MALTODEXTRIN, COCOA (PROCESSED WITH ALKALI), MODIFIED CORN STARCH, TETRASODIUM PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM, SUCRALOSE.

Contains MILK

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