

**CALORIE CONTROL  
BRAND** ®

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

**LOW FAT  
NO SUGAR ADDED**

**REDUCED CALORIE  
LOW SODIUM**

# **PUMPKIN CHEESECAKE MIX**

REORDER 553093

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

<b>Amount Per Serving</b>	<b>Mix</b>	<b>Mix Plus Skim Milk</b>
<b>Calories</b>	60	80
Calories From Fat	20	20
% Daily Value **		
Total Fat 2g*	3%	3%
Saturated Fat 1.5g	9%	9%
Trans Fat 0g		
Cholesterol < 5mg	1%	1%
Sodium 130mg	5%	6%
Potassium 120mg	4%	6%
Total Carbohydrate 7g	2%	3%
Fiber 0g	0%	0%
Sugars 3g		
Protein 3g	6%	9%
Vitamin A	2%	4%
Vitamin C	0%	0%
Calcium	8%	15%
Iron	0%	0%

\* 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, WHIPPING BASE (HYDROGENATED PALM KERNAL OIL, MALTODEXTRIN, MONO AND DIGLYCERIDES, LACTIC AND FATTY ACIDS OF GLYCEROL, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE), CREAM CHEESE BLEND (BAKERS CHEESE [NONFAT MILK SOLIDS, LACTIC ACID, CULTURE], CREAM CHEESE SOLIDS, DISODIUM PHOSPHATE), MODIFIED CORN STARCH, MALTODEXTRIN, LOW MOISTURE PUMPKIN, CALCIUM CASEINATE, TETRASODIUM PYROPHOSPHATE, SPICE, NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, ACESULFAME POTASSIUM, SUCRALOSE, YELLOW #5, YELLOW #6, RED #40.

Contains MILK

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