



BERNARD

FOOD INDUSTRIES, INC.®

SUGAR FREE LOW FAT
CHOLESTEROL FREE

GINGERBREAD CAKE MIX

REORDER 539063

Bernard's Dietary Cake Mixes are sugar-free, sweetened with Ace-K sweetener and have fewer calories than regular cake mix. Great taste without the sugar, and a wide variety of flavors make Bernard's Dietary Cake Mixes the ideal choice for people on modified diets.

- Low-fat and cholesterol-free.
- Newly formulated for a sweeter taste without the sugar.
- Available in a wide variety of flavors. We offer 9 flavors of sugar-free dietary cake mixes.
- Easy to prepare - nothing to add but water.

Diabetic Exchange: One serving is approximately equal to 2 bread and ½ fat exchanges.

YIELD PER CASE: 144 – 2 oz. servings

PACK SIZE: 12 @ 16 oz. cans

Nutrition Facts

Serving Size 1/12 cake (38g mix)
Servings Per Container 12

Amount Per Serving		
Calories 140		Calories from Fat 30
		% Daily Value *
Total Fat 3 g		5%
Saturated Fat 1.5 g		7%
Trans Fat 0 g		
Cholesterol 0 mg		0%
Sodium 180 mg		8%
Potassium 40 mg		1%
Total Carbohydrate 28 g		9%
Dietary Fiber 1 g		4%
Sugars 0 g		
Sugar Alcohol 11 g		
Protein 2 g		5%
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		6%

* 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	
Dietary Fiber		25 g	30 g	

Ingredients: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SORBITOL, MALTODEXTRIN, SHORTENING POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES, SODIUM SILICOALUMINATE), DRIED EGG WHITE WITH SODIUM LAURYL SULFATE, POWDERED CELLULOSE, EMULSIFIER (PROPYLENE GLYCOL MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, NONFAT MILK, PALM OIL AND DISODIUM PHOSPHATE), SPICE, SODIUM BICARBONATE, MODIFIED CORN STARCH, SODIUM ALUMINUM PHOSPHATE, CARAMEL COLOR, LECITHIN POWDER (SOY LECITHIN, NONFAT MILK, MALTODEXTRIN), MONOCALCIUM PHOSPHATE, GUAR GUM, XANTHAN GUM, ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM.

Contains MILK, EGG, WHEAT, SOY