

## Ingredients and Nutrition Facts Carrot Cake

**Carrot Cake: Sugar, Carrots, Soybean Oil, Wheat Flour, Butter, Cream Cheese** (pasteurized cultured milk and cream, whey, salt, and guar gum), **Eggs, Raisins, Walnuts, Pecans, Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) **Baking Soda, Cinnamon, Citric Acid, Natural Flavors.**

<b>Nutrition Facts</b>	
Serving Size 136 g	
Servings per Container 14	
Amount per Serving	
<b>Calories</b> 570	Calories from Fat 310
% Daily Value*	
<b>Total Fat</b> 35g	<b>53 %</b>
Saturated Fat 11g	<b>54 %</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 80mg	<b>27 %</b>
<b>Sodium</b> 260mg	<b>11 %</b>
<b>Total Carbohydrate</b> 60g	<b>20 %</b>
Dietary Fiber 2g	<b>8 %</b>
Sugars 46g	
<b>Protein</b> 5g	
Vitamin A <b>60 %</b>	• Vitamin C <b>4 %</b>
Calcium <b>6 %</b>	• Iron <b>8 %</b>
* 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
Calories per gram	
Fat 9    •    Carbohydrates 4    •    Protein 4	