

Shirley J Gluten Free Wisk Bliss

Nutrition Facts

Serving Size 1 oz. (28.3g) dry, 1 cup prepared
Servings Per Container 32

Amount Per Serving

Calories 130

Calories from Fat 60

% Daily Value*

Total Fat 7g

11%

Saturated Fat 1g

5%

Trans Fat 0g

0%

Cholesterol 5mg

2%

Sodium 790mg

33%

Total Carbohydrate 16g

5%

Dietary Fiber 0 g

0%

Sugars 2 g

Protein 1 g

Vitamin A 0 %

Vitamin C 0%

Calcium 2%

Iron 0%

*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
Saturated 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 Carbohydrate 4 Protein 4

Ingredients:

Creamer (Sunflower oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono & triglycerides, sodium stearoyl lactylate, algin) (milk), modified food starch, white rice flour, natural & artificial flavor, chicken fat, salt, dried milk (milk), hydrolyzed corn protein (soy), silicon dioxide, sugar, onion powder, disodium inosinate & guanylate, & spice extracts.

Contains: Milk, and Soy