



Nutrition Facts

About 14 servings per container

Serving size 2 tbsp (24g)

Amount per serving
Calories 100

	Amount per serving	% Daily Value*
Total Fat	5g	7%
Saturated Fat	3g	14%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrate	14g	5%
Dietary Fiber	0g	0%
Total Sugars	13g	
Includes 13g Added Sugars		27%
Protein	0g	

Net a significant source of vitamin D, calcium, iron, and potassium.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sugar, Palm Oil, Water, Corn Syrup, Corn Starch. Contains 2% or less of: Hydrogenated Palm Oil, Monoglycerides, Cellulose Gel, Salt, Polysorbate 80, Sodium Acid Pyrophosphate, Cellulose Gum, Natural and Artificial Flavor, Citric Acid, Color (yellows 5 & 6 and other color added). Freshness Preserved by Potassium Sorbate.

MAY CONTAIN MILK INGREDIENTS.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Contains Bioengineered Food Ingredients

Learn more at Ask.GeneralMills.com

GLUTEN FREE
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Carbohydrate Choices: 1

STORE FROSTING IN COOL PLACE.

One 100g
or One 3.5 oz
2-3g fat
or 24 to 32g
• Calories
before
• Start
cover
• Cover
light
2 weeks
or more

THE BEST
The
of gen
also
This
just
150%

Net 30g
Net 1.07 oz
Net 30g
Net 1.07 oz



Nutrition Facts

About 38 servings per container
Serving size 1 Tbsp (12g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

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INGREDIENTS: SOYBEAN OIL, FULLY HYDROGENATED PALM OIL, PALM OIL, MONO AND DIGLYCERIDES, TBHQ AND CITRIC ACID (ANTIOXIDANTS).

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ORRVILLE, OH 44667 USA

WARNING: Shortening will catch fire if overheated. Damage or serious burns may result.

- DO** heat shortening carefully, uncovered, on medium heat.
- DO** reduce heat if smoking occurs.
- DO NOT** leave unattended while heating.
- DO NOT** refill can with hot shortening.
- IF SHORTENING CATCHES FIRE:**
- DO** turn off heat.
- DO** cover pot until cooled to room temperature to avoid reignition.
- DO NOT** carry pot until cool.
- DO NOT** put water on hot or flaming shortening.

Classic

2 cups all-purpose flour
1 teaspoon salt
3/4 cup well-chilled Crisco All Purpose Shortening
4 to 8 tablespoons ice cold water

BLEND flour and salt in large bowl until crumbly. Stir in enough water to form a soft dough.

DIVIDE dough in half. Shape into a ball.

ROLL out each disk a 1/2 inch thick. Roll out crust according to recipe directions.

Makes 2 (9-inch) single crust or 1 (18-inch) double crust.

How To Substitute Crisco Shortening For Butter Or Margarine

1 cup Crisco Shortening = 1 cup Butter or Margarine

Not intended for use as a spread.

GLUTEN FREE



Nutrition Facts

8 Servings Per Container
Serving Size 1 Cookie (31g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 100mg **4%**

Total Carbohydrate 22g **8%**

Dietary Fiber <1g **4%**

Total Sugars 12g

Includes 7g Added Sugars 14%

Protein 2g

Vitamin D 0mcg **0%** • **Calcium** 10mg **0%**

Iron 0.7mg **4%** • **Potassium** 80mg **2%**

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MADE FROM: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RAISINS, OATS, VEGETABLE OILS (PALM AND/OR SOYBEAN) AND HYDROGENATED SOYBEAN), SUGAR, FRUCTOSE BROWN SUGAR (SUGAR, INVERT SUGAR, MOLASSES), CONTAINS 2% OR LESS OF EGGS, CORNSTARCH, AMMONIUM BICARBONATE, SALT, BAKING SODA, NONFAT MILK, NATURAL FLAVOR, CINNAMON, SPICES, SOY LECITHIN. **CONTAINS: WHEAT, EGGS, MILK, SOY.**

PEPPERIDGE FARM, INC.
NORWALK, CT 06856

The ingredients from corn, soy, and sugar in this product come from genetically modified crops.

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For questions or comments,
please call 1-888-737-7374.

Thank you.



Nutrition Facts

about 3.5 servings per container

Serving size 1/2 cup (130g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 2.5g 3%

Sat. Fat 1g 5%

Sodium 320mg 14%

Total Carb. 22g 8%

Fiber 5g 18%

Total Sugars 1g

Protein 7g

Vit. D 0mcg 0% • Calcium 40mg 4%

Iron 2mg 10% • Potas. 480mg 10%

Not a significant source of trans fat, cholest., added sugars.

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INGREDIENTS: COOKED PINTO BEANS, WATER, LARD AND HYDROGENATED LARD, SALT, VINEGAR, SPICES, GARLIC POWDER, ONION POWDER, CHILI PEPPER.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202



Nutrition Facts

About 14 servings per container

Serving size 2 tbsp (32g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 16g 21%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Sugars 3g

Includes 3g Added Sugars 6%

Protein 7g 7%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 94mg 2%

Vitamin E 1.5mg 10%

Niacin 3.2mg 20%

Copper 0mg

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Ingredients: Roasted peanuts, sugar, hydrogenated vegetable oil (cottonseed, soybean and rapeseed oil) to prevent separation, salt.