

Nutritional Information Per 100 Grams
ART#33-NS Artisan Lemon Meringue

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ ART#33-NS	100	Gram	100.00	337.68	1.03	0.63	0	3.75
Total			100.00	337.68	1.03	0.63	0	3.75
Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
+ ART#33-NS	74.65	0	69.73	68.23	0.91	37.50	0.27	0.69
Total	74.65	0	69.73	68.23	0.91	37.50	0.27	0.69
Item Name	Calc (mg)	Iron (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)	Fol_Acid (mcg)
+ ART#33-NS	32.50	0.02	18.36	21.95	1.24	0	0	0
Total	32.50	0.02	18.36	21.95	1.24	0	0	0
Item Name	Pot (mg)							
+ ART#33-NS	41.50							
Total	41.50							

10/28/2019

Nutrition Facts	
servings per container	
Serving size	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 75g	27%
Dietary Fiber 0g	0%
Total Sugars 70g	
Includes 68g Added Sugars	140%
Protein 1g	
Vitamin D 1mcg	6%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 42mg	0%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	