

ALF - Blackberry Scone Mix

## Nutrition Facts

Serving Size 1 scone (54g)

Serving Per Container 12

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Amount Per Serving

**Calories** 214      Calories from Fat 75

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% Daily Value \*

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**Total Fat** 8g      **15%**

Saturated Fat 5g      **26%**

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Trans Fat 0g

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**Cholesterol** 28mg      **10%**

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**Sodium** 163g      **7%**

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**Total Carbohydrate** 33g      **11%**

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Dietary Fiber 1g      **4%**

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Sugars 11g

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**Protein** 4g

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Vitamin A 0%      Vitamin C 0%

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Calcium 0%      Iron 6%

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\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.