

BF - Chocolate Pudding

Nutrition Facts

Serving Size ½ cup prepared (38g mix)

Serving Per Container 12

Amount Per Serving

Calories 140 Calories from Fat 5

% Daily Value *

Total Fat 1g **0%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 160mg **7%**

Total Carbohydrate 25g **8%**

Dietary Fiber <1g **2%**

Sugars 17g

Protein 10g

Vitamin A 2% Vitamin C 0%

Calcium 16% Iron 2%

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