

Golden Choice Lower Sugar
Pudding Mix-Variety 1

Nutrition Facts

34 servings per container

As prepared w/skim milk

Serving size

4 fl oz

Amount Per Serving

Calories

70

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 325mg **25%**

Iron 0mg **0%**

Potassium 0mg **0%**

*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.