

8oz Syrup

Nutrition Facts	
8 servings per container	
Serving size	2 tbsp (30mL)
Amount Per Serving	
Calories	110
% DV*	
Total Fat 0g	0%
Total Carbohydrate 27g	10%
Total Sugars 24g	
	48% †
Protein 0g	0%
Calcium 26mg 2%	Potas. 94mg 2%
Not a significant source of sat. fat, trans fat, cholest., sodium, fiber, vit. D and iron. † One serving adds 24g of sugar to your diet and represents 48% of the Daily Value for Added Sugars.	
%DV = %Daily Value	

Pancake

Nutrition Facts	
About 13 servings per container	
Serving size	1/4 cup mix (35g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 350mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber <1g	3%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 3g	6%
Vitamin D 0mg	0%
Calcium 170mg	15%
Iron 0.5mg	2%
Potassium 50mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

Candy

Nutrition Facts	Servings: About 3, Serv. size: 2 Candies (48g),
Amount per serving: Calories 200, Total Fat 0g (0% DV), Total Carb. 51g (19% DV), Total Sugars 51g (, 19%DV†), Calcium 50.4mg (4% DV), Iron 0.902mg (6% DV), Potas. 153mg (4% DV).	
Not a significant source of sat. fat, trans fat, cholest., sodium, fiber, protein, vit. D and iron.	
† One serving adds 51g of sugar to your diet and represents 19% of the Daily Value for Added Sugars.	
INGREDIENTS: Pure Vermont Organic Maple Syrup	

Cream

Nutrition Facts	Servings: About 10, Serv. size: 1 tbsp (15mL),
Amount per serving: Calories 60, Total Carb. 17 g (6% DV), Total Sugars 17g (, 34%DV†), Calcium 0mg (0% DV), Potas. 47mg (0% DV).	
Not a significant source of total fat, sat. fat, trans fat, cholest, sodium, fiber, protein, vit. D and iron. † One serving adds 24g of sugar to your diet and represents 48% of the Daily Value for Added Sugars.	