

# Cinnabon Cinnapoppers & Icing Cup (11/2017)

## Cinnabon Cinnapoppers:

<b>Nutrition Facts</b>	
Serving Size 1 container (108g/3.8oz)	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3.5g	<b>17%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 53g</b>	<b>18%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 23g	
<b>Protein 8g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 0%</b>
<b>Calcium 6%</b>	<b>Iron 10%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65 g    80 g
Saturated Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Icing Cup:

<b>Nutrition Facts</b>	
Serving Size 1 package (40g/1.4oz)	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 5g	<b>27%</b>
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 19g	
<b>Protein less than 1g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 0%</b>
<b>Calcium 0%</b>	<b>Iron 0%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65 g    80 g
Saturated Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients: Cinnapoppers:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Margarine (Palm Oil, Water, Salt, Whey, Monoglycerides, Soy Lecithin, Sodium Benzoate And Citric Acid [Preservatives], Artificial Flavor, Beta Carotene, And Vitamin A Palmitate), Sugar, High Fructose Corn Syrup, Nonfat Milk, Yeast, Modified Corn Starch, Dextrose, Wheat Protein Isolate, Cinnamon, Vital Wheat Gluten, Hydroxypropyl Methylcellulose, Molasses, Salt, Datem, Baking Soda, Monoglycerides, Guar Gum, Glucono Delta-Lactone, Enzymes, Ascorbic Acid, Annatto And Turmeric Extract Color, Sugar, Cinnamon, Soybean Oil.

**Contains: Wheat, Milk, Soy**

**Ingredients: Icing Cup:** Sugar, Cream Cheese (Pasteurized Milk And Cream, Cultures, Salt, Xanthan Gum And/Or Guar Gum And/Or Locust Bean Gum), Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono And Diglycerides, Whey Solids (A Milk Derivative), Soy Lecithin, To Preserve Freshness (Sodium Benzoate), Natural Flavor, Vitamin A Palmitate Added), Corn Syrup Solids, Water, Contains Less Than 2% Of The Following: Soybean Oil, Artificial Flavor, To Preserve Freshness (Potassium Sorbate), Guar Gum, Xanthan Gum, Lactic Acid, Cellulose Gum, Artificial Color (Yellow 5), Colored With Beta Carotene.

**Contains: Milk, Soy**

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