

**CALORIE CONTROL  
BRAND** ®

**BERNARD FOOD INDUSTRIES, INC.**  
EVANSTON, IL • TOLL FREE: 1-800-323-3663

LOW FAT

REDUCED CALORIE

LOW SODIUM

# TAPIOCA PUDDING DESSERT MIX

REORDER 519055

A reduced-calorie, genuine pearl **Tapioca Pudding Mix**.

Not only is this an excellent dessert for persons who simply want to reduce their intake of sugar, but it is an excellent calorie-reduction dessert for use in healthcare facilities, retirement centers, schools who wish to serve a dessert low in sugar, and all other types of institutional feeding.

Each 14 oz. pouch will yield 18 - cup  $\frac{1}{2}$  servings.

**Diabetic Exchange:** A  $\frac{1}{2}$  cup serving is approximately equal to  $\frac{1}{2}$  low-fat milk exchange and  $\frac{1}{4}$  starch/bread exchange.

**Gluten Free**

YIELD PER CASE: 216 -  $\frac{1}{2}$  cup servings

PACK SIZE: 12 @ 14 oz.

## Nutrition Facts

18 servings per container

**Serv. size**  $\frac{1}{2}$  cup prepared (22g mix)

**Amount per serving**

**Calories** **90**

**% Daily Value\***

**Total Fat** 2.5g **3%**

Saturated Fat 1g **6%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 0mg 0%

Potassium 150mg 3%

\* 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.

Ingredients : Buttermilk Solids, Corn Starch, Creamer Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Mono And Diglycerides, Sodium Silico Aluminate), Tapioca, Emulsifier (Mono And Diglycerides, Nonfat Milk Solids, Modified Corn Starch), Sunflower Oil, Salt, Tetrasodium Pyrophosphate, Artificial Flavor, Acesulfame Potassium, Sucralose, Yellow #5 And #6. Contains Milk

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