Nutritional Information for SYRUP PANCK CUP 200-1.5Z GFS

Product Number:	**160090**
Description:	**AP Syrup, Pancake, 1.5z GFS**

Nutritional Information			
Serving Size 1 each (43 g)			
Amount Per Serving			
Calories 120			**Calories from Fat 0**
			% Daily Value
Total Fat	**0 g**		**0%**
Saturated Fat	0 g		0%
Trans Fat	0 g		
PolyUnSat	0 g		n/a
MonoUnSat	0 g		n/a
Cholesterol	**0 mg**		**0%**
Sodium	**0 mg**		**0%**
Potassium	**0 mg**		**0%**
Total Carbs	**31 g**		**10%**
Dietary Fiber	0 g		0%
Sugars	23 g		n/a
Protein	**0 g**		**0%**
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Serving Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	n/a	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	0 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

Ingredients: Syrup	**Corn syrup, High fructose corn syrup, Water, Natural and Artificial maple flavor, Potassium sorbate as preservative, Caramel color, Citric acid. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated July 2009. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**