



OPTAVIA®

Cinnamon Cream Cheese Swirl Cake

with Indonesian Cinnamon – Naturally Flavored

53550

Nutrition Facts

Serving Size 1 packet (31g)
Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat 25**

% Daily Value*

Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 310mg	13%
Potassium 270mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 11g	22%

Vitamin A 20%	• Vitamin C 20%
Calcium 20%	• Iron 30%
Vitamin D 20%	• Vitamin E 20%
Vitamin K 20%	• Thiamin 20%
Riboflavin 20%	• Niacin 20%
Vitamin B6 20%	• Folate 20%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 20%
Iodine 20%	• Magnesium 35%
Zinc 20%	• Selenium 25%
Copper 20%	• Manganese 20%
Chromium 20%	• Molybdenum 20%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Pea protein isolate, whey protein isolate, rice flour, chicory root inulin, sugar, calcium caseinate, vegetable oils (palm kernel and palm), gum arabic, organic coconut sugar*, canola oil, cinnamon, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, corn starch), whey, salt, milk, xanthan gum, cane sugar, eggs, natural flavors, soy lecithin, coconut oil, guar gum, sunflower lecithin, stevia extract, enzyme modified butter, maltodextrin, carrageenan, dehydrated butter, nonfat milk, bacillus coagulans GBI-30 6086.

Vitamins and Minerals: Potassium phosphate, calcium carbonate, magnesium oxide, vitamin E acetate, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, biotin, vitamin A palmitate, potassium iodide, niacinamide (vitamin B3), chromium chloride, calcium pantothenate (vitamin B5), phytonadione (vitamin K1), sodium molybdate, sodium selenite, cyanocobalamin (vitamin B12), manganese sulfate, copper sulfate, folic acid, cholecalciferol (vitamin D3), thiamine mononitrate (vitamin B1), pyridoxine hydrochloride, riboflavin (vitamin B2).

*3% organic ingredients

CONTAINS: MILK, SOY, EGGS, AND COCONUT.

Therefore, the ingredient label on the package is always the best source for that specific item.

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