

Nutritionals: 2.25 oz. Welch's Mixed Fruit

Nutrition Facts	
Serving Size English (40g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 25%	• Vitamin C 100%
Calcium 0%	• Iron 0%
Vitamin E 25%	
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

Juice from concentrates (grape, pear, peach, and pineapple), corn syrup, sugar, modified corn starch, fruit purees (strawberry, raspberry, orange and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), Alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnauba wax, red 40, yellow 5, and blue 1.

Gluten Free