



PEANUT BUTTER CUP 200-.75Z GCHC



Item Number: 522141  

Case (200/0.75 Ounce Each)

Nutrition

Based On: Rounding:

Ingredients

Roasted Peanuts, Sugar, Hydrogenated Vegetable Oil (Rapeseed, Cottonseed and Soybean Oils), Salt. COMMON ALLERGENS PRESENT: Peanuts. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated August 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: <https://drive.google.com/file/d/13BUvgPRsE2UtWnhAQsG6vqk1jXtE6swz/view?usp=sharing>

Nutrition Facts	
Serving Size	1 each (21g)
Amount Per Serving	
Calories	120
<small>% Daily Value *</small>	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 6g	2%
Fiber 2g	8%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D n/a	0%
Calcium 10mg	1%
Iron 0.3mg	2%
Potassium 120mg	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.

School Equivalents:

Serving Size	1 Each
Meat/Meat Alternative	0.5 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	