

Mrs. Beasley's Bakery

Nutrition Label

Mb Chocolate Cup Cakes (poppers Iced)

Nutrition Facts			
Serving Size 1 cupcake (26g)			
Servings per Container 1			
Amount per Serving			
Calories	120	Calories from Fat 80	
% Daily Value*			
Total Fat	9g	13%	
Saturated Fat	2.5g	13%	
<i>Trans</i> Fat	1.5g		
Cholesterol	10mg	4%	
Sodium	115mg	5%	
Total Carbohydrate	12g	4%	
Dietary Fiber	1g	2%	
Sugars	5g		
Protein	1g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 4%
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 • Carbohydrates 4 • Protein 4			

Mrs. Beasley's Bakery

Nutrition Label

Mb Lemon Cup Cakes (poppers Iced)

Nutrition Facts

Serving Size 1 cupcake (26g)

Servings per Container 1

Amount per Serving

Calories 100 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 8g

Protein 1g

Vitamin A **0%** • Vitamin C **2%**

Calcium **2%** • Iron **0%**

* 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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

Mrs. Beasley's Bakery

Nutrition Label

Mb Mocha Cup Cake (poppers Iced)

Nutrition Facts

Serving Size 1 cupcake (26g)

Servings per Container 1

Amount per Serving

Calories 120 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **13%**

 Saturated Fat 2.5g **13%**

Trans Fat 1g

Cholesterol 15mg **4%**

Sodium 105mg **4%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 0g **0%**

 Sugars 6g

Protein 1g

Vitamin A **2%** • Vitamin C **0%**

Calcium **2%** • Iron **2%**

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

Mrs. Beasley's Bakery

Nutrition Label

Mb Strawberry Cup Cakes (poppers Iced)

Nutrition Facts

Serving Size 1 cupcake (26g)

Servings per Container 1

Amount per Serving

Calories 90 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8 %**

Saturated Fat 1.5g **7 %**

Trans Fat 1g

Cholesterol 0mg **0 %**

Sodium 85mg **4 %**

Total Carbohydrate 14g **5 %**

 Dietary Fiber 0g **0 %**

 Sugars 4g

Protein 1g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 0%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

Mrs. Beasley's Bakery

Nutrition Label

Mb Vanilla Cup Cakes (poppers Iced)

Nutrition Facts

Serving Size 1 cupcake (26g)

Servings per Container 1

Amount per Serving

Calories 120 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **12%**

 Saturated Fat 2g **10%**

Trans Fat 1.5g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 0g **0%**

 Sugars 6g

Protein 1g

Vitamin A **0%** • Vitamin C **0%**

Calcium **2%** • Iron **0%**

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4