

Vanilla Pudding, No Sugar Added

A calorie light, gluten free vanilla pudding which uses only the trace sugars found in low fat milk (lactose) which is intended to appeal to diabetics and others desiring this type of lowered carbohydrate dessert offering. Note that this dessert is a true Gluten-Free choice for those passengers requiring that option – it should be served to the guest unopened.



Nutritional Data: Serving, 4 oz

Calories	90	
Calories from Fat	20	
		% D.V.
Total Fat (g)	2	3
Saturated Fat (g)	1.5	8
Cholesterol (mg)	10	3
Sodium (mg)	125	5
Total Carbohydrate (g)	13	4
Dietary Fiber (g)	3	12
Protein (g)	3	6

WIMS #: 12044

Allergens: milk