

Cupcakes are 0.6 oz: **Most cupcakes this size or smaller avg. 150-300 cal., 40-50% fat, and 25-40 g sugar**

No Sugar Added Chocolate Mini “Cuppie” with Chocolate Buttercream

Nutrition Facts			
Serving Size: 1 cupcake (0.6 oz)			
Calories: 38		Calories from Fat: 16	
% Daily Value*			
Total Fat: 1.8 g			3%
Saturated Fat: 0.9 g			5%
Trans Fat: 0 mg			0%
Cholesterol: 6.5 mg			2%
Sodium: 77 mg			3%
Total Carbohydrate: 6 g			2%
Dietary Fiber: 1 g			4%
Sugars: 2 g			
Protein: 1 g			
Vitamin A: 0%		Vitamin C: 0%	
Calcium: 2%		Iron: 6%	
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		Carbohydrate: 4	Protein: 4

Additional FDA Claims: LOW CALORIE, LOW SODIUM, LOW CHOLESTEROL, LOW FAT, NO SUGAR ADDED, REDUCED SUGAR