

The Real Horror of Halloween





Serving Size: x

Nutrition Facts		
Calories 320 (Kilojoules 1338)		
		% DV**
Total Fat	19 g	29%
Sat. Fat	13 g	65%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	100 mg	4%
Total Carbs.	35 g	12%
Dietary Fiber	1 g	4%
Sugars	29 g	
Protein	4 g	
Calcium	100 mg	
Note: A dash indicates no data is available		



Fat	171 cals (52%)
Carbs.	140 cals (43%)
Protein	16 cals (5%)

Candy Alternatives

Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container About 14

Amount Per Serving

Calories 140 Calories from Fat 70

% Daily Value*

Total Fat	8g	12%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	15g	5%
Dietary Fiber	2g	8%
Sugars	8g	
Protein	4g	

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	



Nutrition Facts

Serving Size 1 drink box (8.45 fl oz)
(262g)

Amount Per Serving

Calories 123 Calories from Fat 3

% Daily Value*

Total Fat	0.3g	0%
Saturated Fat	0g	0%
Polyunsaturated Fat	0.1g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	7.9mg	0%
Potassium	311.8mg	9%
Total Carbohydrate	30.6g	10%
Dietary Fiber	0.3g	0%
Sugars	28.6g	10%
Protein	0.2g	0%

Vitamin A	0%	•	Vitamin C	4%
Calcium	2%	•	Iron	5%

* 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	
Potassium		2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Nutrition Facts

Serving Size 1 cup (244.0 g)

Amount Per Serving

Calories 105 Calories from Fat 1

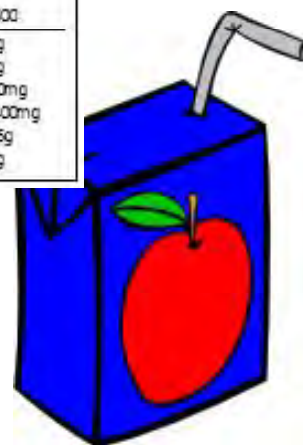
% Daily Value*

Total Fat	0.1g	0%
Saturated Fat	0.0g	0%
Polyunsaturated Fat	0.0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	27.5g	9%
Dietary Fiber	2.8g	12%
Sugars	24.8g	

Protein 0.4g

Vitamin A	1%	•	Vitamin C	5%
Calcium	1%	•	Iron	2%

* Based on a 2000 calorie diet



Tombstone Sandwiches



Scary Cerebrum



Frightful Spaghettis



Ghoulish Hot Chocolate



Pumpkin Pie

