



# Nutrition Facts



# Lazy can

| Nutrition Facts                                                                                                                                           |               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| servings per container                                                                                                                                    |               |
| <b>Serving Size</b>                                                                                                                                       | <b>(161g)</b> |
| <b>Amount per serving</b>                                                                                                                                 |               |
| <b>Calories</b>                                                                                                                                           | <b>500</b>    |
| % Daily Value*                                                                                                                                            |               |
| <b>Total Fat</b> 32g                                                                                                                                      | <b>41%</b>    |
| Saturated Fat 17g                                                                                                                                         | <b>87%</b>    |
| Trans Fat 0g                                                                                                                                              |               |
| <b>Cholesterol</b> 155mg                                                                                                                                  | <b>51%</b>    |
| <b>Sodium</b> 210mg                                                                                                                                       | <b>9%</b>     |
| <b>Total Carbohydrate</b> 47g                                                                                                                             | <b>17%</b>    |
| Dietary Fiber 2g                                                                                                                                          | <b>6%</b>     |
| Total Sugars 27g                                                                                                                                          |               |
| Includes 17g Added Sugars                                                                                                                                 | <b>35%</b>    |
| <b>Protein</b> 8g                                                                                                                                         |               |
| Vitamin D 2mcg                                                                                                                                            | 8%            |
| Calcium 130mg                                                                                                                                             | 10%           |
| Iron 7mg                                                                                                                                                  | 35%           |
| Potassium 154mg                                                                                                                                           | 4%            |
| * 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 advice. |               |



# Mango Peach

| Nutrition Facts                                                                                                                                           |               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| servings per container                                                                                                                                    |               |
| <b>Serving Size</b>                                                                                                                                       | <b>(190g)</b> |
| <b>Amount per serving</b>                                                                                                                                 |               |
| <b>Calories</b>                                                                                                                                           | <b>450</b>    |
| % Daily Value*                                                                                                                                            |               |
| <b>Total Fat</b> 19g                                                                                                                                      | <b>24%</b>    |
| Saturated Fat 12g                                                                                                                                         | <b>58%</b>    |
| Trans Fat 0g                                                                                                                                              |               |
| <b>Cholesterol</b> 85mg                                                                                                                                   | <b>28%</b>    |
| <b>Sodium</b> 330mg                                                                                                                                       | <b>14%</b>    |
| <b>Total Carbohydrate</b> 67g                                                                                                                             | <b>24%</b>    |
| Dietary Fiber 1g                                                                                                                                          | <b>5%</b>     |
| Total Sugars 53g                                                                                                                                          |               |
| Includes 18g Added Sugars                                                                                                                                 | <b>36%</b>    |
| <b>Protein</b> 5g                                                                                                                                         |               |
| Vitamin D 0mcg                                                                                                                                            | 0%            |
| Calcium 118mg                                                                                                                                             | 10%           |
| Iron 1mg                                                                                                                                                  | 8%            |
| Potassium 208mg                                                                                                                                           | 4%            |
| * 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 advice. |               |



# Strawberry Vanilla

| Nutrition Facts                                                                                                                                                    |              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 1 servings per container                                                                                                                                           | 200 g        |
| <b>Serving size</b>                                                                                                                                                | <b>100 g</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |              |
| <b>Calories</b>                                                                                                                                                    | <b>270</b>   |
| % Daily Value*                                                                                                                                                     |              |
| <b>Total Fat</b> 17g                                                                                                                                               | <b>21%</b>   |
| Saturated Fat 7g                                                                                                                                                   | <b>33%</b>   |
| Trans Fat 0g                                                                                                                                                       |              |
| <b>Cholesterol</b> 95g                                                                                                                                             | <b>31%</b>   |
| <b>Sodium</b> 45g                                                                                                                                                  | <b>2%</b>    |
| <b>Total Carbohydrate</b> 27g                                                                                                                                      | <b>10%</b>   |
| Dietary Fiber < 1g                                                                                                                                                 | <b>3%</b>    |
| Total Sugars 21g                                                                                                                                                   |              |
| Includes 18g Added Sugars                                                                                                                                          | <b>37%</b>   |
| <b>Protein</b> 3g                                                                                                                                                  |              |
| Vitamin D 1mcg                                                                                                                                                     | <b>2%</b>    |
| Calcium 58mg                                                                                                                                                       | <b>4%</b>    |
| Iron 1mg                                                                                                                                                           | <b>2%</b>    |
| Potassium 113mg                                                                                                                                                    | <b>2%</b>    |
| *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. |              |

يتم تخزين العجوة بدرجة حرارة بين 1 إلى 5 درجات مئوية بعيداً عن أشعة الشمس المباشرة.  
يستهلك المنتج قبل تاريخ انتهاء الصلاحية المذكور أسفل العبوة

**Allergens:** Milk, Soy, Gluten, Egg



# Oreo

| Nutrition Facts                                                                                                                                           |               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| servings per container                                                                                                                                    |               |
| <b>Serving Size</b>                                                                                                                                       | <b>(100g)</b> |
| <b>Amount per serving</b>                                                                                                                                 |               |
| <b>Calories</b>                                                                                                                                           | <b>380</b>    |
| % Daily Value*                                                                                                                                            |               |
| <b>Total Fat</b> 24g                                                                                                                                      | <b>31%</b>    |
| Saturated Fat 10g                                                                                                                                         | <b>51%</b>    |
| Trans Fat 0g                                                                                                                                              |               |
| <b>Cholesterol</b> 90mg                                                                                                                                   | <b>31%</b>    |
| <b>Sodium</b> 150mg                                                                                                                                       | <b>6%</b>     |
| <b>Total Carbohydrate</b> 38g                                                                                                                             | <b>14%</b>    |
| Dietary Fiber < 1g                                                                                                                                        | <b>3%</b>     |
| Total Sugars 26g                                                                                                                                          |               |
| Includes 8g Added Sugars                                                                                                                                  | <b>17%</b>    |
| <b>Protein</b> 4g                                                                                                                                         |               |
| Vitamin D 0mcg                                                                                                                                            | 0%            |
| Calcium 77mg                                                                                                                                              | 6%            |
| Iron 1mg                                                                                                                                                  | 6%            |
| Potassium 57mg                                                                                                                                            | 0%            |
| * 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 advice. |               |



# Chocolate Mousse

| Nutrition Facts                                                                                                                                                    |              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 1 servings per container                                                                                                                                           | 200 g        |
| <b>Serving size</b>                                                                                                                                                | <b>100 g</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |              |
| <b>Calories</b>                                                                                                                                                    | <b>390</b>   |
| % Daily Value*                                                                                                                                                     |              |
| <b>Total Fat</b> 17g                                                                                                                                               | <b>22%</b>   |
| Saturated Fat 10g                                                                                                                                                  | <b>49%</b>   |
| Trans Fat 0g                                                                                                                                                       |              |
| <b>Cholesterol</b> 40g                                                                                                                                             | <b>13%</b>   |
| <b>Sodium</b> 105g                                                                                                                                                 | <b>5%</b>    |
| <b>Total Carbohydrate</b> 52g                                                                                                                                      | <b>19%</b>   |
| Dietary Fiber 1g                                                                                                                                                   | <b>4%</b>    |
| Total Sugars 41g                                                                                                                                                   |              |
| Includes 11g Added Sugars                                                                                                                                          | <b>22%</b>   |
| <b>Protein</b> 3g                                                                                                                                                  |              |
| Vitamin D0mcg                                                                                                                                                      | <b>0%</b>    |
| Calcium 49mg                                                                                                                                                       | <b>4%</b>    |
| Iron 1mg                                                                                                                                                           | <b>6%</b>    |
| Potassium 101mg                                                                                                                                                    | <b>2%</b>    |
| *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. |              |

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**Allergens:** Milk, Soy, Gluten, Egg



# Strawberry Cheesecake

## Nutrition Facts

servings per container

**Serving Size** (220g)

**Amount per serving**

**Calories** **720**

% Daily Value\*

**Total Fat** 33g **42%**

Saturated Fat 19g **96%**

*Trans Fat* 0g

**Cholesterol** 80mg **27%**

**Sodium** 930mg **40%**

**Total Carbohydrate** 96g **35%**

Dietary Fiber < 1g **2%**

Total Sugars 78g

Includes 8g Added Sugars **17%**

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 121mg 10%

Iron 0mg 0%

Potassium 80mg 0%

\*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 advice.



# Mango Cheesecake

## Nutrition Facts

servings per container

**Serving Size** (220g)

**Amount per serving**

**Calories** **630**

% Daily Value\*

**Total Fat** 33g **42%**

Saturated Fat 19g **96%**

*Trans Fat* 0g

**Cholesterol** 80mg **27%**

**Sodium** 930mg **40%**

**Total Carbohydrate** 73g **27%**

Dietary Fiber 2g **6%**

Total Sugars 55g

Includes 17g Added Sugars **34%**

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 139mg 10%

Iron 0mg 0%

Potassium 81mg 0%

\* 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 advice.



# Nutella

| Nutrition Facts                                                                                                                                           |               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| servings per container                                                                                                                                    |               |
| <b>Serving Size</b>                                                                                                                                       | <b>(223g)</b> |
| <b>Amount per serving</b>                                                                                                                                 |               |
| <b>Calories</b>                                                                                                                                           | <b>730</b>    |
| % Daily Value*                                                                                                                                            |               |
| <b>Total Fat</b> 39g                                                                                                                                      | <b>50%</b>    |
| Saturated Fat 14g                                                                                                                                         | <b>72%</b>    |
| Trans Fat 0g                                                                                                                                              |               |
| <b>Cholesterol</b> 130mg                                                                                                                                  | <b>43%</b>    |
| <b>Sodium</b> 460mg                                                                                                                                       | <b>20%</b>    |
| <b>Total Carbohydrate</b> 88g                                                                                                                             | <b>32%</b>    |
| Dietary Fiber 5g                                                                                                                                          | <b>17%</b>    |
| Total Sugars 63g                                                                                                                                          |               |
| Includes 24g Added Sugars                                                                                                                                 | <b>47%</b>    |
| <b>Protein</b> 13g                                                                                                                                        |               |
| Vitamin D 1mcg                                                                                                                                            | 2%            |
| Calcium 109mg                                                                                                                                             | 8%            |
| Iron 2mg                                                                                                                                                  | 10%           |
| Potassium 171mg                                                                                                                                           | 4%            |
| * 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 advice. |               |



# Red Velvet

## Nutrition Facts

servings per container

**Serving Size** (100g)

**Amount per serving**

**Calories** **270**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 6g **28%**

Trans Fat 0g

**Cholesterol** 140mg **47%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 0g **0%**

Total Sugars 22g

Includes 15g Added Sugars **31%**

**Protein** 5g

Vitamin D 1mcg 4%

Calcium 76mg 6%

Iron 1mg 4%

Potassium 40mg 0%

\* 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 advice.



# Lotus

| Nutrition Facts                                                                                                                                          |               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| servings per container                                                                                                                                   |               |
| <b>Serving Size</b>                                                                                                                                      | <b>(243g)</b> |
| <b>Amount per serving</b>                                                                                                                                |               |
| <b>Calories</b>                                                                                                                                          | <b>990</b>    |
| % Daily Value*                                                                                                                                           |               |
| <b>Total Fat</b> 88g                                                                                                                                     | <b>84%</b>    |
| Saturated Fat 30g                                                                                                                                        | <b>152%</b>   |
| Trans Fat 0g                                                                                                                                             |               |
| <b>Cholesterol</b> 210mg                                                                                                                                 | <b>70%</b>    |
| <b>Sodium</b> 260mg                                                                                                                                      | <b>11%</b>    |
| <b>Total Carbohydrate</b> 89g                                                                                                                            | <b>32%</b>    |
| Dietary Fiber < 1g                                                                                                                                       | <b>3%</b>     |
| Total Sugars 59g                                                                                                                                         |               |
| Includes 2g Added Sugars                                                                                                                                 | <b>5%</b>     |
| <b>Protein</b> 11g                                                                                                                                       |               |
| Vitamin D 1mcg                                                                                                                                           | 4%            |
| Calcium 79mg                                                                                                                                             | 6%            |
| Iron 1mg                                                                                                                                                 | 8%            |
| Potassium 70mg                                                                                                                                           | 0%            |
| *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 advice. |               |



**THANK YOU**