



Protein	0%	• Vitamin A	0%
Vitamin C	0%	• Calcium	10%
Iron	10%	• Vitamin E	10%
Zinc	10%		

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRUCTOSE, DRIED BANANA PUREE, ULTRA LOW LINOLENIC SOYBEAN OIL AND/OR HIGH OLEIC CANOLA OIL AND/OR HIGH OLEIC SUNFLOWER OIL, SUGAR, CALCIUM CARBONATE, BUTTERMILK POWDER, DATEM, CORN SYRUP SOLIDS, SODIUM BICARBONATE, POTASSIUM BICARBONATE, CALCIUM PHOSPHATE, BANANA ESSENCE, NATURAL FLAVOR, VANILLA EXTRACT, SOY LECITHIN, ALPHA TOCOPHEROL ACETATE (VITAMIN E), FERRIC ORTHOPHOSPHATE (IRON), MIXED TOCOPHEROLS (FOR FRESHNESS), ZINC OXIDE, BETA CAROTENE COLOR.

DIST. BY GERBER PRODUCTS CO., FREMONT, MI 49413, USA

EGG BEATERS

Nutrition Facts
 Serving Size 1/4 cup (61g)
 Servings per container about 2
 3 containers per package
Calories 30
 Calories from Fat 0
 *Percent Daily Values are based on a diet of other people's secrets.

Amount/serving	%Daily Value*	Amount/serving	%Daily Value*
Total Fat 0g	0%	Potassium 95mg	3%
Saturated Fat 0g	0%	Total Carbohydrate 1g	0%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 0mg	0%	Sugars less than 1g	
Sodium 115mg	5%	Protein 6g	12%

Vitamin A 15% (100% as Beta Carotene) • Vitamin C 0% • Calcium 2% • Iron 6%
 Vitamin D 10% • Vitamin E 4% • Thiamin 10% • Riboflavin 50% • Vitamin B6 4%
 Folate 15% • Vitamin B12 20% • Pantothenic Acid 10% • Zinc 4%

INGREDIENTS: EGG WHITES, LESS THAN 1% NATURAL FLAVOR, COLOR (INCLUDES BETA CAROTENE), SPICES, SALT, SUCROSE POWDER, VEGETABLE GUMS (XANTHAN GUM, GUAR GUM), MALTODEXTRIN.
VITAMINS AND MINERALS: CALCIUM SULFATE, IRON (FERRIC PHOSPHATE), VITAMIN E (ALPHA TOCOPHEROL ACETATE), ZINC SULFATE, CALCIUM PANTOTHENATE, VITAMIN B12, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), FOLIC ACID, BIOTIN, VITAMIN D3.
 CONTAINS EGGS.

ConAgra Foods
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QUESTIONS OR COMMENTS, call Mon.-Fri., 9:00 AM - 7:00 PM (CST), 1-800-988-7808 (except national holidays). Please have entire package available when you call.

EGG BEATERS ORIGINAL 1/4 CUP - 1 LARGE EGG	
Calories	30 75
Fat (g)	0 5
Cholesterol (mg)	0 210
Protein (g)	6 6

*1/4 cup Egg Beaters equals one large egg.



Nutrition Facts

Serving Size 113g

Servings per Container about 6

Amount Per Serving

Calories 110 Calories from Fat 10

Ingredients: SKIM MILK, WATER, SUGAR, MODIFIED FOOD STARCH, CONTAINS LESS THAN 1.5% OF HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), CORNSTARCH, SALT, SODIUM STEAROYL LACTYLATE (FOR SMOOTH TEXTURE), SODIUM ALGINATE, CALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, YELLOW 5, YELLOW 6, VITAMIN A PALMITATE, VITAMIN D. CONTAINS: MILK.

