

Tater Top
Instant Whip

Nutrition Facts	
Serving Size 2 Tbsp (30mL)	
Servings Per Container	
Amount per Serving	
Calories 45	Calories from Fat 33
% Daily Value *	
Total Fat 3.5g	6%
Saturated Fat 3.5g	18%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
* Percent Daily Values are based on 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 65 g 80 g
Sat. Fat	less than 20 g 25 g
Cholesterol	less than 300 mg 300 mg
Sodium	less than 2,400 mg 2,400 mg
Total Carbohydrates	300 g 375 g
Dietary Fiber	25 g 30 g

INGREDIENTS:

Pasteurized blend of water, partially hydrogenated vegetable oil (may contain one or more of the following: Soybean, Coconut, Cottonseed), nonfat milk solids, modified food starch, lactic acid, mon and diglycerides, guar gum, salt, sodium tripolyphosphate, gelatin, locust bean gum, natural and artificial flavor.

Contains Milk and Soy Proteins.