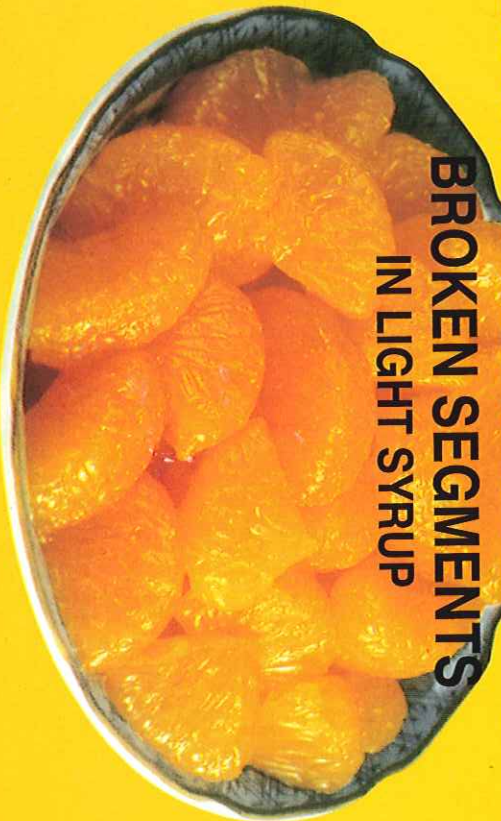


# Form of Plenty®

INGREDIENTS:  
MANDARIN ORANGES, WATER AND SUGAR



## MANDARIN ORANGES BROKEN SEGMENTS IN LIGHT SYRUP

NET WT. 6 LBS. 9 OZS. (3.0 Kg)

### Nutrition Facts

Serving Size 1/3 CUP (138g)

Servings per Container About 22

Amount Per Serving

Calories 80      Calories From Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 15mg      1%

Total Carbohydrate 19g      6%

Dietary Fiber 1g      3%

Sugars 16g

Protein 1g

Vitamin A 2%      •      Vitamin C 40%

Calcium 2%      •      Iron 4%

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      2,300

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