



	serv	cal	carb
Applesauce-cups			
Plain Reduced Sugar	1/2 cup	60	17
Blue Rasp.	1/2 cup	70	17
Cinnamon	1/2 cup	60	17
Mango-peach	1/2 cup	60	15
Strawberry - banana	1/2 cup	70	17
Cherry	1/2 cup	80	20
Watermelon	1/2 cup	60	17
Birthday	1/2 cup	70	17
Mixed Fruit	1/2 cup	80	21

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