

HelloFresh Add-On Pumpkin Dessert and Breakfast Bundle

Nutrition Facts

servings per container

Serving size

Amount per serving

Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Includes Added Sugars

Protein

*The % Daily Value 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.

Vitamin D

Calcium

Iron

Potassium

Pumpkin Cake with Caramel Sauce

Pumpkin Cream Cheese Hand Pie

Pumpkin Chocolate Chip Muffin

Pumpkin Cheesecake

2

1 cake (120g)

440

% Daily Value*

23g **29%**

14g **70%**

1g

115mg **38%**

410mg **18%**

53g **19%**

1g **4%**

36g

34g **68%**

4g

1mcg 6%

50mg 4%

1mg 6%

100mg 2%

2

1 pie (120g)

480

% Daily Value*

29g **37%**

15g **75%**

0g

15mg **5%**

340mg **15%**

50g **18%**

1g **4%**

22g

8g **16%**

5g

0mcg 0%

65mg 6%

2mg 10%

105mg 2%

2

1 muffin (108g)

400

% Daily Value*

20g **26%**

6g **30%**

0g

50mg **17%**

340mg **15%**

50g **18%**

2g **7%**

30g

2g **4%**

6g

0mcg 0%

60mg 4%

2mg 10%

120mg 2%

2

1 cheesecake (113g)

370

% Daily Value*

23g **29%**

15g **75%**

0g

100mg **33%**

270mg **12%**

36g **13%**

0g **0%**

25g

20g **40%**

4g

0mcg 0%

115mg 8%

1mg 6%

116mg 2%

Pumpkin Cake with Caramel Sauce: sugar, enriched WHEAT flour (WHEAT flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter (cream, salt), whipping cream (cream, MILK, carrageenan, mono- and diglycerides, cellulose gum, polysorbate 80, sodium citrate), brown sugar, EGGS, pumpkin, buttermilk (cultured partly skimmed MILK, spices (cinnamon, nutmeg, allspice, cloves, ginger), natural flavor, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, caramel color, modified food starch. **Contains:** Eggs, Milk, Wheat

Pumpkin Cream Cheese Hand Pie: enriched WHEAT flour (WHEAT flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm oil shortening, pumpkin, organic powdered sugar (organic evaporated cane sugar, organic corn starch), cream cheese (MILKFAT, nonfat MILK, cheese culture, salt, guar gum, carob bean gum), water, sugar, sweetened condensed MILK (MILK, lactose), glaze (sugar, agar-agar), EGGS, modified food starch, spices (cinnamon, ginger, nutmeg, cloves), dextrose, white vinegar, natural flavor, cultured WHEAT starch, wheat flour, yeast, caramel color, enzymes. **Contains:** Eggs, Milk, Wheat

Pumpkin Chocolate Chip Muffin pumpkin, enriched flour (WHEAT flour, malted BARLEY flour, niacin, iron (reduced), potassium bromate, thiamin mononitrate, riboflavin, folic acid), sugar, SOYBEAN oil, EGGS, chocolate chips (sugar, unsweetened chocolate, cocoa butter, SOY lecithin, natural vanilla extract), molasses, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), ground cinnamon, ground cloves, ground ginger, ground nutmeg, salt. **Contains:** Eggs, Soy, Wheat

Pumpkin Cheesecake CREAM cheese (pasteurized CREAM and skim MILK, lactic acid, salt, locust bean gum, guar gum, xanthan gum), sugar, pumpkin puree, graham crumbs (WHEAT flour, whole WHEAT flour, SOYBEAN oil, honey, sodium bicarbonate), EGGS, MILK, margarine (palm oil, water, mono- and di- glycerides, SOYBEAN lecithin, sodium benzoate, natural butter flavor (colored with annatto), vitamin a palmitate, pumpkin pie spice (cinnamon, ginger, cloves), natural vanilla flavor, lemon juice (water, lemon juice concentrate, lemon oil, sodium benzoate and sodium metabisulfite). **Contains:** Eggs, Milk, Soy, Wheat