



Gehl Foods, Inc. 1-800-521-2873 www.gehls.com Puddings

Flavor	Serving Size	Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugar	Protein	Vit. A	Vit. C	Calcium	Iron
#10 Cans & Pouches																
Chocolate	1/2 c	170	60	6g	1g	2g	0mg	140mg	27g	1g	20g	2g	0%	2%	6%	4%
	SKIM MILK, WATER, SUGAR, MODIFIED FOOD STARCH, PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), LESS THAN 2% OF SALT, SODIUM STEAROYL LACTYLATE, ARTIFICIAL FLAVOR, ETHYL VANILLIN.															
Vanilla	1/2 c	180	60	7g	1g	2.5g	0mg	180mg	28g	<1g	21g	2g	0%	2%	6%	0%
	SKIM MILK, WATER, SUGAR, MODIFIED FOOD STARCH, PARTIALLY HYDROGENATED SOYBEAN OIL, LESS THAN 2% OF SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM PHOSPHATE, FD&C YELLOW 5 AND 6.															
Butterscotch	1/2 c	180	70	8g	1.5g	2.5g	0mg	230mg	26g	0g	20g	2g	0%	2%	8%	0%
	SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, LESS THAN 2% OF SALT, ARTIFICIAL FLAVOR, CARAMEL COLOR, SODIUM STEAROYL LACTYLATE, SODIUM PHOSPHATE, FD&C YELLOW 5 AND 6.															
Banana	1/2 c	180	60	7g	1g	2.5g	<5mg	180mg	28g	0g	21g	2g	0%	2%	6%	0%
	SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVOR, SALT, SODIUM STEAROYL LACTYLATE, SODIUM PHOSPHATE, FD&C YELLOW 5 AND 6.															
Lemon	1/2 c	170	35	4g	0.5g	1g	<5mg	100mg	34g	0g	26g	0g	0%	0%	0%	0%
	WATER, SUGAR, MODIFIED FOOD STARCH, PARTIALLY HYDROGENATED SOYBEAN OIL, LESS THAN 2% OF CITRIC ACID, LEMON JUICE CONCENTRATE, CARRAGEENAN, NATURAL FLAVOR, POTASSIUM CITRATE, SALT, POLYSORBATE 60, MALIC ACID, FD&C YELLOW 5.															
Tapioca	1/2 c	170	60	7g	1g	2g	0mg	180mg	26g	0g	18g	2g	0%	2%	8%	0%
	SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, TAPIOCA, LESS THAN 2% OF SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM PHOSPHATE, FD&C YELLOW 5 AND 6.															
Rice	1/2 c	200	90	10g	1.5g	3g	0mg	180mg	26g	0g	19g	2g	0%	2%	8%	2%
	SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, RICE, MODIFIED FOOD STARCH, LESS THAN 2% SALT, SODIUM STEAROYL LACTYLATE, SODIUM PHOSPHATE, NATURAL FLAVOR.															
0g Trans Fat Vanilla	1/2 c	160	40	4.5g	1.5g	0g	0mg	170mg	28g	0g	21g	2g	0%	2%	15%	0%
	NONFAT MILK, WATER, SUGAR, MODIFIED FOOD STARCH, VEGETABLE OIL (CONTAINS ONE OR MORE OF: PALM OIL, SUNFLOWER OIL, SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL), LESS THAN 2%: SALT, SODIUM STEAROYL LACTYLATE, CALCIUM CARBONATE, SODIUM PHOSPHATE, ARTIFICIAL FLAVOR, COLOR ADDED INCLUDING FD&C YELLOW 5 & 6.															
0g Trans Fat Chocolate	1/2 c	150	40	4.5g	2g	0g	0mg	180mg	28g	1g	20g	2g	0%	2%	10%	8%
	NONFAT MILK, WATER, SUGAR, MODIFIED FOOD STARCH, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: PALM OIL, SUNFLOWER OIL, SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL), COCOA (PROCESSED WITH ALKALI), LESS THAN 2%: SALT, SODIUM STEAROYL LACTYLATE, CALCIUM CARBONATE, NATURAL & ARTIFICIAL FLAVORS.															
99% Fat Free Vanilla	1/2 c	130	10	1G	0G	0G	0mg	170MG	28G	0G	22G	3G	0%	2%	8%	0%
	SKIM MILK, SUGAR, MODIFIED FOOD STARCH, WATER, WHEY PROTEIN CONCENTRATE, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM PHOSPHATE, COLOR ADDED INCLUDING FD&C YELLOW 5 AND 6.															
99% Fat Free Chocolate	1/2 c	140	10	1g	0g	0g	0mg	150mg	28g	1g	22g	3g	0%	2%	8%	4%
	SKIM MILK, SUGAR, MODIFIED FOOD STARCH, WATER, COCOA (PROCESSED WITH ALKALI), WHEY PROTEIN CONCENTRATE, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, ARTIFICIAL FLAVORS.															
Pudding Cups																
Chocolate	3.5 oz	140	45	5g	1g	1.5g	0mg	115mg	21g	<1g	16g	2g	0%	2%	6%	2%
	SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, COCOA (PROCESSED WITH ALKALI), LESS THAN 2% OF SALT, SODIUM STEAROYL LACTYLATE, ARTIFICIAL FLAVORS.															
Vanilla	3.5 oz	140	50	6g	1g	2g	0mg	140mg	21g	<1g	17g	1g	0%	2%	6%	0%
	SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, LESS THAN 2% OF SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM PHOSPHATE, FD&C YELLOW 5 AND 6.															
Butterscotch	3.5 oz	140	50	6g	1g	2g	0mg	180mg	21g	0g	16g	1g	0%	2%	6%	0%
	SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, LESS THAN 2% OF SALT, ARTIFICIAL FLAVOR, CARAMEL COLOR, SODIUM STEAROYL LACTYLATE, SODIUM PHOSPHATE, FD&C YELLOW 5 AND 6.															
99% Fat Free Vanilla	1/2 c	130	10	1G	0G	0G	0mg	170MG	28G	0G	22G	3G	0%	2%	8%	0%
	SKIM MILK, SUGAR, MODIFIED FOOD STARCH, WATER, WHEY PROTEIN CONCENTRATE, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM PHOSPHATE, COLOR ADDED INCLUDING FD&C YELLOW 5 AND 6.															
99% Fat Free Chocolate	1/2 c	140	10	1g	0g	0g	0mg	150mg	28g	1g	22g	3g	0%	2%	8%	4%
	SKIM MILK, SUGAR, MODIFIED FOOD STARCH, WATER, COCOA (PROCESSED WITH ALKALI), WHEY PROTEIN CONCENTRATE, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, ARTIFICIAL FLAVORS.															

Allergen statement: Contains milk. Processed in facilities that use soy ingredients in other products

*Gehl Foods, Inc. is currently still offering both our Classic Formulations and our 0g Trans Fat formulations. Contact Gehl's for specific nutrition information by pack size.