Chocolate Soufflé:

Nutrition Facts

Serv. Size 1 soufflé (74g)
Servings 2

Amount Per Serving	
Calories 270	Calories From Fat 140
	% Daily Value *
Total Fat 16g	**25%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 80mg	**3%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 2g	**8%**
Sugars 13g	
Protein 4g	

Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 2%

Ingredients: Chocolate (Sugar, Cocoa Liquor, Cocoa Butter, Soy Lecithin, Natural Vanilla), Pasteurized Egg Whites, Sugar, Butter (Pasteurized Cream (Milk)), Pasteurized Egg Yolks, Lemon Juice, Natural Vanilla, Salt.

Chocolate Mint Soufflé:

Nutrition Facts

Serv. Size 1 soufflé (75g)
Servings 2

Amount Per Serving	
Calories 269	Calories From Fat 117
	% Daily Value *
Total Fat 13g	**20%**
Saturated Fat 8g	**38%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 128mg	**5%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**10%**
Sugars 23g	
Protein 4g	

Vitamin A 6%	Vitamin C **
Calcium **	Iron 2%

Ingredients: Chocolate (Sugar, Cocoa Liquor, Cocoa Butter, Soy Lecithin, Natural Vanilla), Pasteurized Egg Whites, Sugar, Butter (Pasteurized Cream (Milk)), Pasteurized Egg Yolks, Lemon Juice, Natural Vanilla, Natural Peppermint Oil, Salt.

Raspberry Soufflé:

Nutrition Facts

Serv. Size 1 soufflé (64g)
Servings 2

Amount Per Serving	
Calories 133	Calories From Fat 24
	% Daily Value *
Total Fat 2.5g	**4%**
Saturated Fat 1g	**7%**
Trans Fat 0g	
Cholesterol 58mg	**19%**
Sodium 58mg	**2%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**8%**
Sugars 14g	
Protein 5g	

Vitamin A 2%	Vitamin C 24%
Calcium 3%	Iron 2%

Ingredients: Raspberry Puree (Red Raspberries, Cane Sugar, Fruit Pectin, Citric and Ascorbic Acid), Eggs, Sugar, Corn Starch, Enriched Flour, Cream (Disodium Phosphate, Sodium Citrate, Carrageenan), Natural Vanilla, Salt.

Pumpkin Soufflé:

Nutrition Facts

Serv. Size 1 soufflé (107g)
Servings 2

Amount Per Serving	
Calories 156	Calories From Fat 40
	% Daily Value *
Total Fat 4g	**7%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 104mg	**35%**
Sodium 70mg	**3%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 10g	**4%**
Sugars 18g	
Protein 6g	

Vitamin A 66%	Vitamin C **
Calcium 6%	Iron 2%

Ingredients: Pumpkin, Eggs, Half & Half (Milk, Cream, Less than 2% Sodium Citrate, Tetrasodium Pyrophosphate, Carrageenan) Dark Brown Sugar (Brown Sugar, Cane Carmel Color), Sugar, Enriched Wheat Flour, Spices, Maple Syrup, Maple Extract (Glycerin, Water, Natural Flavors), Vanilla, Lemon, Cream of Tarter.

Crème Brulee:

Nutrition Facts

Serv. Size 1 ramekin (105g)
Servings 2

Amount Per Serving

Calories 298	Calories From Fat 242
	% Daily Value *
Total Fat 25g	**38%**
Saturated Fat 16g	**82%**
Trans Fat 0g	
Cholesterol 249mg	**83%**
Sodium 27mg	**1%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 12g	
Protein 2g	

Vitamin A 21%	Vitamin C 0%
Calcium 10%	Iron 2%

Ingredients: Heavy Cream, (Less than 1% Mono and Diglycerides, Carrageenan), Skim Milk, Pasteurized Egg Yolks, Sugar, Brown Sugar, Natural Vanilla.