



EASY & HEALTHY slow cooker recipes

Kelly McNelis
New Leaf Wellness

Easy & Healthy Slow Cooker Recipes
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Reviews

"What I love the most about Kelly's fresh slow cooker recipes is that they are filled with healthy ingredients like berries, herbs, zucchini and tomatoes. These are my go-to recipes for busy summer weeknights and lazy weekend barbecues. Packed with nutrients like protein, fiber, calcium and iron, they are perfect for growing kiddos and adults trying to stay fit."

-Dana Angelo White, Registered Dietitian, Certified Athletic Trainer, and President of Dana White Nutrition, Inc., mom of Madeline, 3, and Charlotte, 20 months

"I've discovered a new love for my slow cooker. Love that these recipes use a combination of real ingredients and not cream soups as their base. I never would have attempted homemade jam, but this no-fail recipe was so easy (and delicious)!"

-Jennifer, mom of Olivia, 10 months

"The Strawberry Jam and Cinnamon Applesauce get the seal of approval from my very picky 18 month old. I couldn't believe how easy it was to assemble them at bedtime and wake up to a delicious breakfast! I also loved using only natural ingredients as opposed to the chemicals frequently found in the grocery store varieties."

-Ronda, mom of Lola, 18 months

"Awesome sandwich. Period." ~the text I received from my husband after he ate the Shredded BBQ Chicken on his way to a softball game. We're big fans of making our own BBQ sauce, but we loved the addition of Curry in this recipe!"

-Jill, mom of Hudson, 2

"My husband loved the Chocolate Raspberry Pie, so much that he asked me to make it again to bring to a family party the next weekend! My son loved the Cinnamon Applesauce, and I thought the addition of honey was a nice touch to make it a little bit more special than traditional applesauce."

-Heather, mom of Ryan, 21 months

"I love cooking in the slow cooker and especially love the recipes where I can just dump the ingredients in. Both the Shredded BBQ chicken and the Beef, Lime, and Cilantro Chili were really easy to throw into the slow cooker as I was getting ready for work. Being able to take 15 minutes to get dinner in the slow cooker in the morning makes the evening so much less stressful!"

-Jessica, mom of Allie, 3, and Peyton, 3 months

"I love your recipes. They are simple, quick and very easy to follow. I always know that I can never go wrong when making one of your recipes."

-Cindi, mom of Rajah, 4, and Reema, 17 months

"Your Chicken Fajitas were flavorful and delicious! My 2 yr old even asked for seconds! It was fun having a Mexican-style dinner other than our usual tacos. We will definitely be eating this again! Your recipes have made my life so much easier! I don't cook very often, but your recipes have made me cook more often because they are so easy and delicious!"

-Kristen, mom of Thomas, 2, and Libby, 6 months

"I enjoyed making the Cinnamon Applesauce for my boys. As a full-time working mom, I need to have quick, easy recipes for my family. This recipe provided a great, tasty snack for my boys to enjoy!"

-Stephanie, mom of Connor, 2, and Landon, 13 months

"The Ginger Garlic Chicken was so easy to make and made my house smell great. My 14 month old loved it. The Beef, Lime, and Cilantro Chili was amazing. I never would have thought to put chili in a slow cooker. The flavors work so well together. Can't wait to make it again."

-Becky, mom of Dillon, 4, and Dean, 14 months

"The Chicken Fajita recipe was very simple to make, has very healthy ingredients, and was a hit with our family! It was a dish that I wouldn't normally make, so it was great to expand our dinner menu a bit!"

-Terry, mom of Maiya, 3, and Olivia, 8 months

"I loved making the Chicken Fajitas because they were so easy and so delicious. They weren't heavy or full of fat or preservatives! It was a meal the whole family could enjoy, even my one year old! My daughter truly loved the Cinnamon Applesauce. I love that it was so easy to make and that I knew exactly what ingredients were going in it! I won't go store bought again! I can just whip up a batch or grab from my freezer!"

-Samantha, mom of Grace, 12 months

"These recipes are feel-good recipes that you know are fresh, light, and healthy. These recipes are fresh and simple for the summer."

-Emily, mom of Samantha, 2, and Daniel, 1

I'd love to hear your feedback too! Email me anytime at kelly@newleafwellness.biz.

Author's Note

Welcome to my Easy & Healthy Slow Cooker Recipes Cookbook! Every recipe inside was inspired by fresh, healthy, and seasonal ingredients.

As a business owner and busy mom, I don't have a lot of time to cook extravagant meals for my family, but I want to make sure we're eating healthy, homemade meals as much as possible. One of my most helpful kitchen tools is my slow cooker – I can throw together ingredients in a snap and serve up delicious and healthy meals that both my husband and daughters enjoy. You'll find some of our favorite slow cooker recipes in this cookbook. I hope you like them as much as we do!



I asked Dana White - a Registered Dietitian - to review this cookbook because I want moms to know what a nutrition expert thinks of my recipes. I also included nutrition info for every recipe so that you can decide what's best for you and your family.

If you enjoy this cookbook, I hope you'll stop by the New Leaf Wellness website and Facebook page for more information and inspiration to balance motherhood and a healthy lifestyle.

Thank you for purchasing this cookbook and supporting a career that I love!

-Kelly

Slow Cooker Tips

Ingredients

- The quality of ingredients will affect the final taste of the meal on your plate. Please buy the best ingredients that you can afford – that means local, “USDA-certified organic” vegetables, meats, and dairy products. Organic meat and produce is often more expensive than non-organic, but you might be able to save money by buying from local farms and farmers’ markets. Remember, home cooking is almost always cheaper than eating out!
- The quality of meat is especially important in slow cooker meals. I recommend following my ingredient lists exactly. Buy the sizes and cuts of meat that are listed. For chicken recipes, do not buy chicken tenders or thin-sliced breasts – both of these cuts are more likely to dry out.
- I recommend shredding your own cheese whenever you can. It simply tastes better than the store-bought, pre-shredded stuff.

Slow Cooker Sizes

- Besides my recipe for Shredded Pork Tacos, I cook all of my recipes in my 4-quart slow cooker. If you use a larger slow cooker, you will need to make sure your meals do not overcook. I recommend doing this by doubling the recipe or decreasing the cooking time by a couple of hours so your meal doesn’t dry out.
- Every slow cooker is different. Have fun, experiment, and get to know yours!

Cooking Times

- I cook all of my recipes on the “low” setting. If you use the “high” setting, cut the cooking time in half.
- Most of my recipes cook for 8 hours. If you need to be out of the house for longer than that, here are some suggestions:
 - If you have a lower setting on your slow cooker, use it. For example, some slow cookers have two “low” settings. One that says “8 hours” and one that says “10 hours.”
 - Double the recipe. More food in the slow cooker = more time needed to cook it.
 - For recipes with sauce – like my Shredded BBQ Chicken – double the sauce.
 - Prep and freeze your meals ahead of time. If they’re somewhat frozen when they go into the slow cooker they’ll require a longer cooking time. I’ve written up tons of simple freezer meal tips on New Leaf Wellness’ blog.
 - Use a regular light timer to control when your slow cooker turns on and off. I don’t recommend doing this – because it means food will be sitting in

your slow cooker at a temperature where it can spoil – but several moms have told me that it works for them and their families.

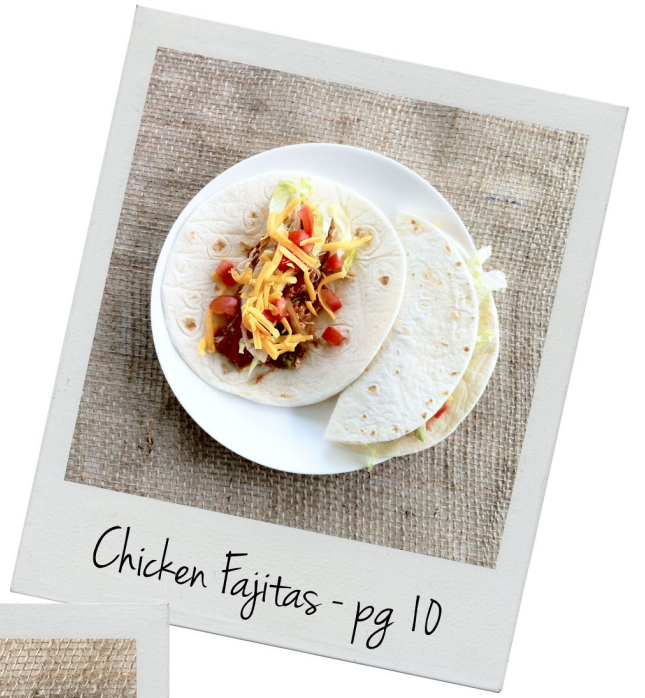
- Buy a new slow cooker with a timer that will switch to the “warm” setting at a pre-programmed time. Think of it an investment in your family's health!

Clean-up

- Many moms swear by slow cooker liners. I've never used them, but Reynold's brand liners claim to be BPA-free.
- For really cooked-on sauces, I soak my slow cooker in hot water for a couple of hours (or overnight), and then scrub with a steel wool pad.



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Strawberry Jam

This is the easiest and most delicious jam you'll ever eat. "No sugar needed fruit pectin" is included to cut down on the amount of sugar needed. No sugar fruit pectin doesn't contain any type of artificial sweeteners, it's simply a premium pectin that doesn't require sugar to thicken jam, unlike classic fruit pectin. In fact, using no sugar needed fruit pectin means you can use half as much sugar as traditional homemade jams and store-bought jams and jellies! This recipe makes quite a bit of jam, so be sure to share with your friends in Tupperware containers or can the extra jam in jars following my canning instructions on 'New Leaf Wellness' blog.



Ingredients

- 4lbs strawberries, stems and leaves removed
- 3 cups granulated sugar
- 6 tablespoons no sugar needed fruit pectin (I use "Ball ® Low or No-Sugar Needed Pectin")
- The juice from one lemon (about ¼ cup)



Directions

- Combine all ingredients in your slow cooker.
- Cover, and cook on "low" for 8 hours.
- Mash strawberries to desired consistency. (I use a simple hand potato masher.)
- Cool.

Chicken Fajitas

This chicken fajitas recipe is the perfect combination of lean meat and fresh vegetables. The peppers cook down and melt into the chicken so much that even non-pepper eaters will like them. Serve the finished product on tortillas with freshly shredded mild cheddar cheese, chopped lettuce, and diced tomatoes.



Ingredients

- 1 medium-sized green pepper, sliced
- 1 medium-sized red pepper, sliced
- 1 small sweet yellow onion, sliced
- 1 pound boneless skinless chicken breasts
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- 1 lime, juiced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes



Directions

- Combine all ingredients in your slow cooker.
- Cover, and cook on "low" for 8 hours.
- Shred chicken and serve.

Garden Vegetable Soup

This is a hearty and healthy soup that's full of fresh veggies. The combination of chicken broth and pasta sauce creates a super simple and delicious broth that doesn't require measuring any spices. If you don't have zucchini and yellow squash on-hand, get creative and sub other fresh vegetables – corn, peas, or green beans would taste great! Another yummy addition would be a pound of cooked, ground spicy sausage – just make sure to use a slow cooker bigger than 4-quarts so you don't over overflow the pot. My husband and I like to eat this soup with big piece of buttered, crusty bread.



Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 medium-sized zucchini, ends cut off and chopped (about one cup)
- 1 medium-sized yellow squash, ends cut off and chopped (about one cup)
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 3 cups fat free, reduced sodium chicken broth
- 1, 24oz jar of your favorite pasta sauce



Directions

- Combine all ingredients in your slow cooker.
- Cover, and cook on "low" for 10 hours or until carrots are soft.

Ginger Garlic Chicken

If you've never cooked with fresh ginger before, you're in for a treat. Serve this chicken with a large salad or with sides of steamed broccoli and brown rice.



Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 inch ginger, peeled and sliced
- 5 large cloves garlic, minced
- 2 tablespoons apple juice
- 2 tablespoons low sodium soy sauce



Directions

- Combine all ingredients in your slow cooker.
- Cover, cook on "low" for 6 hours or until chicken is cooked through and tender.

Shredded Pork Tacos

If you've never cooked with bone-in meat before, don't be intimidated or tempted to substitute a boneless meat for the pork roast. This pork will fall apart and melt in your mouth. Make it into tacos using tortilla shells or lettuce wraps and top with freshly shredded mild cheddar cheese and diced tomatoes.

NOTE: I cook this pork roast in my 7-quart slow cooker. If you have a smaller slow cooker, you will probably need to cut the meat into two pieces and increase the cooking time.



Ingredients

- 2.5 pound bone-in pork shoulder roast (also called "pork butt roast")
- The juice from two limes
- 1 tablespoon honey
- 1/2 teaspoon ground cayenne red pepper
- 1/4 teaspoon salt



Directions

- Combine the cayenne pepper and salt and rub over both sides of the pork roast.
- Place pork roast in your slow cooker and top with honey and lime juice.
- Cover, and cook on "low" for 8-10 hours or until meat falls off the bone when you pull it with a fork.
- Shred meat and serve with your favorite taco toppings.

Cinnamon Applesauce

Your family is sure to love this easy homemade applesauce. Share the leftovers with friends in Tupperware containers or can the extra applesauce in glass jars using my canning instructions on [New Leaf Wellness' blog](#).



Ingredients

- 10 medium-sized granny smith apples (about 3 pounds), peeled and roughly chopped
- 2 tablespoons honey
- 1 tablespoon brown sugar
- 1 tablespoon ground cinnamon



Directions

- Combine all ingredients in your slow cooker.
- Cover, and cook on "low" for 6-8 hours. (A shorter cooking time will result in a chunkier applesauce.)
- Mash to desired consistency. (I use a simple hand potato masher.)

Shredded BBQ Chicken

Once you see how easy, cheap, and delicious it is to make our own BBQ sauce, you'll never go back to buying the store-bought kind. At your next BBQ, serve this shredded chicken to friends on a toasted bun with a serving of mango slaw. I like to add some of the coleslaw right on my sandwich!



Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1 1/2 teaspoons hot sauce
- 1 1/2 teaspoons curry powder



Directions

- Create homemade BBQ sauce by combining ketchup, Worcestershire sauce, brown sugar, chili powder, hot sauce, and curry powder.
- Add chicken breasts to your slow cooker and top with BBQ sauce.
- Cover, and cook on "low" for 8 hours.
- Shred chicken and return to slow cooker to mix with remaining BBQ sauce.
- Serve.

BONUS RECIPE! Mango Coleslaw

Ingredients

- 1, 16oz bag shredded green cabbage and carrots (coleslaw mix)
- 1 mango, peeled and shredded (about one cup)
- 1 cup mayonnaise
- 1 tablespoon honey
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

- Combine all ingredients. (Can make night before and store in refrigerator.)

Beef, Lime, & Cilantro Chili

This is a fun variation of traditional beef chili. The chili is thick and hearty, and the lime tenderizes the meat until it melts in your mouth. Serve with fresh cilantro, crushed tortilla chips, and freshly shredded mild cheddar cheese. The leftovers also make delicious chili dogs!



Ingredients

- 1 pound 93% lean ground beef
- 1, 15oz can tomato sauce
- 2 medium-sized tomatoes, cored, seeds and juice removed, and diced
- 2, 15oz cans black beans, drained and rinsed
- 1 small onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- The juice from one lime
- Fresh cilantro, chopped (for topping)



Directions

- Brown ground beef in a pan on your stovetop.
- Add cooked ground beef and remaining ingredients to your slow cooker (except cilantro).
- Cover, and cook on "low" for 8 hours.
- Top with cilantro and serve.

Zucchini "Lasagna"

This is a great twist on traditional lasagna that cooks in your slow cooker! The final product is so delicious that it's hard to believe that it contains zucchini instead of pasta. Serve with a big piece of crusty garlic bread.



Ingredients

- 2 large zucchinis, ends cut off
- 1/2 cup of your favorite pasta sauce
- 1, 15oz container ricotta cheese
- 8oz mozzarella cheese, freshly shredded (about 2 cups), divided
- 1/2 cup Parmesan cheese, freshly grated
- 2 eggs
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon black pepper



Directions

- Thinly slice (unpeeled) zucchini length-wise with a knife so you have long strips (similar to lasagna noodles – it's OK if they're only a few inches long).
- Create cheese mixture by combining ricotta cheese, 1 cup shredded mozzarella, Parmesan cheese, eggs, parsley, salt, and pepper.
- Create a layer of zucchini at the bottom of your slow cooker. (It's OK if pieces overlap, you want the bottom to be covered.)
- Top zucchini layer with 1/2 cup cheese mixture and 1 tablespoon pasta sauce (You don't want to use a lot of sauce because the zucchini will release a lot of liquid of its own while cooking).
- Continue layering zucchini, cheese mixture, and pasta sauce.
- When you only have enough zucchini left for one more layer, add remaining cheese mixture and tablespoon of sauce (depending how many layers you have, you may have extra sauce leftover).
- Cover with last layer of zucchini and top with remaining 1 cup of shredded mozzarella cheese.
- Add lid to slow cooker and cook on "low" 8 hours.
- Turn off slow cooker and let rest for 30 minutes so juices become more "set."

Chocolate Raspberry Pie

This is the perfect dessert to share with family and friends. The chocolate ganache layer is so rich that no one will believe it was cooked in your slow cooker!



Ingredients

- 1/2 pint (1 cup) heavy whipping cream
- 2 cups semi-sweet chocolate chips (I like Hershey's)
- 1 cup whipped topping
- 6oz fresh raspberries (about 1 1/2 cups)
- 1, 9" graham cracker pie crust



Directions

- Combine heavy whipping cream and chocolate chips in your slow cooker and cook on "low" for 2-4 hours, until all of the chocolate is melted.
- Beat with a whisk for 30-60 seconds, until chocolate is shiny.
- Pour chocolate into pie crust and refrigerate until solid. (You can leave it overnight).
- Top pie with a layer of whipped topping.
- Add raspberries on top.
- Store in refrigerator until 30-60 minutes before serving.

Nutrition Info

Nutrition info was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested toppings, additions, and side dishes were not included.

Strawberry Jam

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 tablespoon	Total Fat	0g	0%	Total Carb	8g	3%
	Saturated Fat	0g	0%	Dietary Fiber	0g	0%
	Trans Fat	0g		Sugars	7g	
Servings 96						
Calories 30	Cholesterol	0mg	0%	Protein	0g	0%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	0mg	0%			
	Vitamin A	0%		Vitamin C	25%	
	Calcium	0%		Iron	0%	

Chicken Fajitas

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 cup	Total Fat	4g	1%	Total Carb	13g	4%
	Saturated Fat	0g	0%	Dietary Fiber	2g	8%
	Trans Fat	0g		Sugars	8g	
Servings 4						
Calories 240	Cholesterol	95mg	32%	Protein	37g	74%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	110mg	5%			
	Vitamin A	40%		Vitamin C	120%	
	Calcium	2%		Iron	10%	

Garden Vegetable Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size About 1 cup	Total Fat	1.5g	2%	Total Carb	21g	7%
	Saturated Fat	0g	0%	Dietary Fiber	4g	16%
	Trans Fat	0g		Sugars	9g	
Servings 10						
Calories 110	Cholesterol	0mg	0%	Protein	5g	10%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	620mg	26%			
	Vitamin A	170%		Vitamin C	20%	
	Calcium	4%		Iron	8%	

Ginger Garlic Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	5g	7%	Total Carb	4g	1%
1 chicken breast	Saturated Fat	0g	0%	Dietary Fiber	0g	0%
Servings 3	Trans Fat	0g		Sugars	1g	
Calories 270	Cholesterol	130mg	43%	Protein	49g	98%
*Percent Daily Values (DV)	Sodium	500mg	21%			
Are based on a 2,000 calorie diet	Vitamin A	0%		Vitamin C	8%	
	Calcium	2%		Iron	10%	

Shredded Pork Tacos

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	17g	26%	Total Carb	6g	2%
1/2 cup	Saturated Fat	6g	30%	Dietary Fiber	0g	0%
Servings 6	Trans Fat	0g		Sugars	6g	
Calories 320	Cholesterol	130mg	43%	Protein	34g	68%
*Percent Daily Values (DV)	Sodium	180mg	8%			
Are based on a 2,000 calorie diet	Vitamin A	2%		Vitamin C	4%	
	Calcium	4%		Iron	15%	

Cinnamon Applesauce

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	0g	0%	Total Carb	44g	15%
1/2 cup	Saturated Fat	0g	0%	Dietary Fiber	4g	16%
Servings 6	Trans Fat	0g		Sugars	34g	
Calories 160	Cholesterol	0mg	0%	Protein	0g	0%
*Percent Daily Values (DV)	Sodium	0mg	0%			
Are based on a 2,000 calorie diet	Vitamin A	2%		Vitamin C	20%	
	Calcium	4%		Iron	2%	

Shredded BBQ Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	2.5g	4%	Total Carb	15g	5%
1/3 cup	Saturated Fat	0g	0%	Dietary Fiber	< than 1g	4%
Servings 7	Trans Fat	0g		Sugars	12g	
Calories 170	Cholesterol	55mg	18%	Protein	21g	42%
*Percent Daily Values (DV)	Sodium	520mg	22%			
Are based on a 2,000 calorie diet	Vitamin A	10%		Vitamin C	6%	
	Calcium	0%		Iron	6%	

Mango Coleslaw

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1/2 cup	Total Fat	10g	15%	Total Carb	16g	5%
	Saturated Fat	1.5g	8%	Dietary Fiber	2g	8%
Servings 8	Trans Fat	0g		Sugars	9g	
Calories 150	Cholesterol	10mg	3%	Protein	1g	2%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	370mg	15%			
	Vitamin A	25%		Vitamin C	40%	
	Calcium	4%		Iron	2%	

Beef, Lime, & Cilantro Chili

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 2/3 cup	Total Fat	6g	9%	Total Carb	32g	11%
	Saturated Fat	2g	10%	Dietary Fiber	8g	32%
Servings 6	Trans Fat	0g		Sugars	5g	
Calories 260	Cholesterol	40mg	13%	Protein	24g	48%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	940mg	39%			
	Vitamin A	20%		Vitamin C	25%	
	Calcium	6%		Iron	30%	

Zucchini "Lasagna"

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1/6 slow cooker	Total Fat	23g	35%	Total Carb	12g	4%
	Saturated Fat	12g	60%	Dietary Fiber	2g	8%
Servings 6	Trans Fat	0g		Sugars	7g	
Calories 330	Cholesterol	135mg	45%	Protein	24g	48%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	860mg	36%			
	Vitamin A	20%		Vitamin C	30%	
	Calcium	50%		Iron	6%	

Chocolate Raspberry Pie

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1/8 pie	Total Fat	31g	48%	Total Carb	57g	19%
	Saturated Fat	20g	100%	Dietary Fiber	6g	24%
Servings 8	Trans Fat	0g		Sugars	42g	
Calories 470	Cholesterol	40mg	13%	Protein	2g	4%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	95mg	4%			
	Vitamin A	8%		Vitamin C	20%	
	Calcium	6%		Iron	4%	