

Lyman Orchards

Hi-Top Apple Pie, 6 inch

Nutrition Facts	
Serving Size 1 Slice (171 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 390</b>	<b>Calories from Fat 170</b>
	<b>% Daily Value*</b>
<b>Total Fat 19g</b>	<b>28%</b>
Saturated Fat 4.5g	21%
Trans Fat 6g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 3g	12%
Sugars 28g	
<b>Protein 3g</b>	<b>6%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Lyman Orchards

Hi-Top Apple  
No Sugar Added, 6 inch

Nutrition Facts	
Serving Size 1 Slice (171 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 170</b>
	<b>% Daily Value*</b>
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 4.5g	21%
Trans Fat 6g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 3g	13%
Sugars 12g	
<b>Protein 3g</b>	<b>6%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Lyman Orchards

Caramel Apple Walnut Pie, 6 inch

Nutrition Facts	
Serving Size 1 Slice (161 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 410</b>	<b>Calories from Fat 190</b>
	<b>% Daily Value*</b>
<b>Total Fat 21g</b>	<b>33%</b>
Saturated Fat 4.5g	23%
Trans Fat 6g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 11g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 3g	12%
Sugars 29g	
<b>Protein 3g</b>	<b>7%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Lyman Orchards

Apple Crumb Pie, 6 inch

Nutrition Facts	
Serving Size 1 Slice (152 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 360</b>	<b>Calories from Fat 140</b>
	<b>% Daily Value*</b>
<b>Total Fat 16g</b>	<b>24%</b>
Saturated Fat 3.5g	18%
Trans Fat 3.5g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 8g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 3g	11%
Sugars 30g	
<b>Protein 2g</b>	<b>5%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	2%

Lyman Orchards

Hi-Top Apple Pie, 12 inch

Nutrition Facts	
Serving Size 1 Slice (170 g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories 350</b>	<b>Calories from Fat 130</b>
	<b>% Daily Value*</b>
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 3.5g	17%
Trans Fat 4.5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 3g	13%
Sugars 31g	
<b>Protein 2g</b>	<b>5%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Lyman Orchards

Hi-Top Apple Pie, 9 inch

Nutrition Facts	
Serving Size 1 Slice (170 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 350</b>	<b>Calories from Fat 130</b>
	<b>% Daily Value*</b>
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 3.5g	17%
Trans Fat 4.5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 3g	13%
Sugars 31g	
<b>Protein 2g</b>	<b>5%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Lyman Orchards

Hi-Top Apple  
No Sugar Added, 9 inch

Nutrition Facts	
Serving Size 1 Slice (170 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 130</b>
	<b>% Daily Value*</b>
<b>Total Fat 15g</b>	<b>22%</b>
Saturated Fat 3.5g	17%
Trans Fat 4.5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 300mg</b>	<b>12%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 3g	13%
Sugars 14g	
<b>Protein 2g</b>	<b>5%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Lyman Orchards

Caramel Apple Walnut Pie, 9 inch

Nutrition Facts	
Serving Size 1 Slice (146 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 170</b>
	<b>% Daily Value*</b>
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 4g	21%
Trans Fat 5g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 10g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 50g</b>	<b>17%</b>
Dietary Fiber 3g	11%
Sugars 26g	
<b>Protein 3g</b>	<b>6%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Lyman Orchards

Apple Crumb Pie, 9 inch

Nutrition Facts	
Serving Size 1 Slice (154 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 370</b>	<b>Calories from Fat 140</b>
	<b>% Daily Value*</b>
<b>Total Fat 15g</b>	<b>24%</b>
Saturated Fat 3.5g	17%
Trans Fat 3g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 7g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 57g</b>	<b>19%</b>
Dietary Fiber 3g	11%
Sugars 34g	
<b>Protein 2g</b>	<b>5%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	2%

Lyman Orchards

Apple Pear Pie, 9 inch

Nutrition Facts	
Serving Size 1 SLICE (157 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 370</b>	<b>Calories from Fat 140</b>
	<b>% Daily Value*</b>
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 3.5g	17%
Trans Fat 3g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 7g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>16%</b>
<b>Total Carbohydrate 57g</b>	<b>19%</b>
Dietary Fiber 3g	12%
Sugars 33g	
<b>Protein 2g</b>	<b>5%</b>
Vitamin A	0%
Vitamin C	2%
Calcium	4%
Iron	2%

Lyman Orchards  
Blueberry Pie  
No Sugar Added, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (161 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 310	<b>Calories from Fat</b> 160
% Daily Value*	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 4g	21%
Trans Fat 6g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 380mg	16%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 2g	10%
Sugars 6g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	4%

Lyman Orchards  
Blueberry Pie, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (161 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 420	<b>Calories from Fat</b> 170
% Daily Value*	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 4g	21%
Trans Fat 6g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 380mg	16%
<b>Total Carbohydrate</b> 62g	21%
Dietary Fiber 3g	11%
Sugars 34g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	4%

Lyman Orchards  
Blueberry Crumb Pie, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 SLICE (152 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 390	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 15g	<b>24%</b>
Saturated Fat 3.5g	17%
Trans Fat 3.5g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 63g	21%
Dietary Fiber 2g	10%
Sugars 39g	
<b>Protein</b> 2g	5%
Vitamin A	0%
Vitamin C	2%
Calcium	4%
Iron	2%

Lyman Orchards  
Bumbleberry Pie, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (161 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 390	<b>Calories from Fat</b> 170
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 4.5g	23%
Trans Fat 6g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 380mg	16%
<b>Total Carbohydrate</b> 57g	19%
Dietary Fiber 3g	12%
Sugars 28g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	4%

Lyman Orchards  
Cherry Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (157 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 360	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 4g	20%
Trans Fat 5g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrate</b> 54g	18%
Dietary Fiber 2g	7%
Sugars 30g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	4%

Lyman Orchards  
Blueberry Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (157 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 390	<b>Calories from Fat</b> 150
% Daily Value*	
<b>Total Fat</b> 17g	<b>25%</b>
Saturated Fat 4g	19%
Trans Fat 5g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 340mg	14%
<b>Total Carbohydrate</b> 60g	20%
Dietary Fiber 3g	11%
Sugars 35g	
<b>Protein</b> 3g	5%
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	4%

Lyman Orchards  
Blueberry Crumb Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (157 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 400	<b>Calories from Fat</b> 130
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3g	16%
Trans Fat 2.5g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 7g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 67g	22%
Dietary Fiber 3g	10%
Sugars 43g	
<b>Protein</b> 2g	5%
Vitamin A	0%
Vitamin C	4%
Calcium	4%
Iron	2%

Lyman Orchards  
Bumbleberry Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 slice (157 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 370	<b>Calories from Fat</b> 150
% Daily Value*	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 4g	20%
Trans Fat 5g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 340mg	14%
<b>Total Carbohydrate</b> 55g	18%
Dietary Fiber 3g	12%
Sugars 28g	
<b>Protein</b> 3g	5%
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	4%

Lyman Orchards  
Hi-Top Red, White, Blue Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (171 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3.5g	17%
Trans Fat 5g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 54g	18%
Dietary Fiber 3g	13%
Sugars 31g	
<b>Protein</b> 2g	5%
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	4%

Lyman Orchards

Peach Crumb Pie, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (152 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 3.5g	17%
Trans Fat 3.5g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 51g	17%
Dietary Fiber 2g	7%
Sugars 29g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	8%
Calcium	4%
Iron	4%

Lyman Orchards

Raspberry Peach Pie, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (152 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 3.5g	17%
Trans Fat 3.5g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 51g	17%
Dietary Fiber 2g	7%
Sugars 29g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	8%
Calcium	4%
Iron	4%

Lyman Orchards

Strawberry Pineapple Pie, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (161 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 400	<b>Calories from Fat</b> 160
% Daily Value*	
<b>Total Fat</b> 18g	28%
Saturated Fat 4g	21%
Trans Fat 6g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 380mg	16%
<b>Total Carbohydrate</b> 59g	20%
Dietary Fiber 2g	8%
Sugars 31g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	60%
Calcium	2%
Iron	4%

Lyman Orchards

Strawberry Rhubarb Pie, 6 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (152 g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 360	<b>Calories from Fat</b> 160
% Daily Value*	
<b>Total Fat</b> 18g	27%
Saturated Fat 4g	20%
Trans Fat 6g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 400mg	16%
<b>Total Carbohydrate</b> 49g	16%
Dietary Fiber 2g	6%
Sugars 21g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	35%
Calcium	2%
Iron	4%

Lyman Orchards

Peach Crumb Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (157 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 360	<b>Calories from Fat</b> 130
% Daily Value*	
<b>Total Fat</b> 15g	22%
Saturated Fat 3g	16%
Trans Fat 2.5g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 7g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 370mg	15%
<b>Total Carbohydrate</b> 55g	18%
Dietary Fiber 2g	7%
Sugars 33g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	10%
Calcium	6%
Iron	4%

Lyman Orchards

Raspberry Peach Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 slice (157 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 340	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 3.5g	17%
Trans Fat 5g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 320mg	13%
<b>Total Carbohydrate</b> 48g	16%
Dietary Fiber 3g	11%
Sugars 25g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	15%
Calcium	2%
Iron	4%

Lyman Orchards

Strawberry Pineapple Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (159 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 380	<b>Calories from Fat</b> 150
% Daily Value*	
<b>Total Fat</b> 16g	25%
Saturated Fat 4g	19%
Trans Fat 5g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 340mg	14%
<b>Total Carbohydrate</b> 58g	19%
Dietary Fiber 2g	8%
Sugars 32g	
<b>Protein</b> 3g	6%
Vitamin A	0%
Vitamin C	60%
Calcium	2%
Iron	4%

Lyman Orchards

Strawberry Rhubarb Pie, 9 inch

<b>Nutrition Facts</b>	
Serving Size 1 Slice (159 g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 340	<b>Calories from Fat</b> 130
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 3.5g	17%
Trans Fat 5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 340mg	14%
<b>Total Carbohydrate</b> 50g	17%
Dietary Fiber 2g	6%
Sugars 24g	
<b>Protein</b> 3g	5%
Vitamin A	0%
Vitamin C	40%
Calcium	2%
Iron	4%