

Nutrition Facts

About 10 servings per container

Serving size 1/10 package (68g. dry mix) (68g)

	Mix		Baked	
Calories	240		230	
	% DV*		% DV*	
Total Fat	1g	1%	1g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	670mg	29%	640mg	28%
Total Carbohydrate	52g	19%	49g	18%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	14g		14g	
Incl. Added Sugars	6g	12%	6g	12%
Protein	7g		6g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	2%	19mg	2%
Iron	2mg	10%	2mg	10%
Potassium	60mg	2%	60mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4