

Nutrition Facts					
Serving Size	1/3 cup mix (54g) (54g)		1/4 cup mix (35g) (35g)		100g (100g)
Calories	Per 1/3 cup mix 230kcal		Per 1/4 cup mix 150kcal		As Packaged 425.5kcal
		%DV*		%DV*	
Total Fat	8g	10%	5g	6%	14g
Saturated Fat	4g	20%	2.5g	13%	7.5g
Trans Fat	0g		0g		0.1g
Cholesterol	20mg	6%	10mg	4%	32.9mg
Sodium	410mg	18%	270mg	12%	763.1mg
Total Carbohydrate	38g	14%	25g	9%	70.4g
Dietary Fiber	2g	7%	1g	5%	3.6g
Total Sugars	21g		14g		38.7g
Incl. Added Sugars	20g	41%	13g	26%	37.8g
Protein	4g		2g		7g
Vitamin D	**	**	**	**	0.2µg
Calcium	60mg	4%	40mg	2%	103.9mg
Iron	2.6mg	15%	1.7mg	8%	4.7mg
Potassium	200mg	4%	130mg	2%	367.4mg
*Percent Daily Value (DV) are based on a 2,000 calorie diet					
**Not a significant nutrient source					

Preparation
BAKE : Please refer to product packaging

Ingredients & Claims
SUGAR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, COCOA PROCESSED WITH ALKALI, EGGS WITH SODIUM SILICOALUMINATE. CONTAINS 2% OR LESS OF: LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NONFAT MILK, MODIFIED CORN STARCH, EGG WHITE, PROPYLENE GLYCOL MONO AND DIESTERS, SALT, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY LECITHIN, WHEY, NATURAL FLAVOR, DEFATTED SOY FLOUR.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.