

Nutrition Facts

Serving Size	3 tbsp mix (32g) (32g)		1/4 cup mix (40g) (40g)		100g (100g)
	Per 3 tbsp mix		Per 1/4 cup mix		As Packaged
Calories	120		150		371
	% DV		% DV		
Total Fat	2g	3%	2g	3%	7g
Saturated Fat	1g	5%	2g	7%	3g
Trans Fat	0g		0g		0g
Cholesterol	0mg	-	0mg	-	0mg
Sodium	500mg	22%	620mg	27%	1547mg
Total Carbohydrate	23g	8%	28g	10%	71g
Dietary Fiber	1g	2%	1g	3%	2g
Total Sugars	2g	-	3g	-	7g
Incl. Added Sugars	2g	4%	3g	5%	7g
Protein	2g		2g		6g
Iron	1mg	8%	2mg	8%	4mg
Water	-	-	-	-	10g
Ash	-	-	-	-	6g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Ingredients & Allergens

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED CORN MEAL (DEGERMED YELLOW CORN MEAL, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, PALM OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA). CONTAINS 2% OR LESS OF: SALT, WHEY PROTEIN CONCENTRATE, SODIUM CASEINATE, EGG, SOY FLOUR.

CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.



No Artificial Flavors



No Colors from Artificial Sources



No Gelatin



No High Fructose Corn Syrup



CACFP eligible



1.5 oz. Eq. Grain