

NUTRITION

Nutrition Facts

Serving Size: 100g

Amount Per Serving

As
Packaged

Calories **380**

% Daily Value*

Total Fat6g

Saturated Fat1g

Trans Fat0g

Cholesterol48mg

Sodium919mg

Total Carbohydrate73g

Dietary Fiber2g

Total Sugars28g

Includes26gAdded Sugars

Protein9g

Vitamin D0mcg

Calcium49mg

Iron3mg

Potassium180mg

Water8g

Ash4g

* Percent Daily Value (DV) are based on a 2,000 calorie diet * - Not a significant nutrient source

INGREDIENTS

ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, DEFATTED SOY FLOUR, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA). CONTAINS 2% OR LESS OF: NONFAT MILK, EGG YOLK WITH SODIUM SILICOALUMINATE, SALT, WHEAT STARCH, SOY LECITHIN, DEXTROSE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVOR, COLOR ADDED.

Allergens: CONTAINS WHEAT, EGG, MILK, AND SOY INGREDIENTS.