

Nutrition Facts

Serving Size ½ Cup (28g)

Serving Per Container about 24

Amount Per Serving

Calories 130

Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2.5g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Potassium 55mg **2%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CONTAINS 2% OR LESS OF: SALT, YEAST, SUGAR.

CONTAINS: WHEAT.