

Size: 7.00 ounces (199g)

Ingredients: Bleached Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Vegetable Oil Shortening (Soybean Oil or Canola Oil, Modified Palm Oil, Soy Lecithin), Soy Lecithin, Oat Fiber, Salt, Artificial Flavor.

Contains: Wheat, Soy

Nutritional Information: See Nutrition Facts.

Nutrition Facts			
Serving Size 1 cone (22g)			
Servings Per Container 12			
Amount Per Serving			
Calories	90	Calories from Fat	5
% Daily Value *			
Total Fat	.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	19g		6%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	1g		
Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	4%
* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			