

Nutrition Facts	
About 12 servings per container	
Serving size	1 pouch (28g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 1g	
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 1.2mg 6% • Potas. 50mg 1%	
*The % Daily Value 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.	

INGREDIENTS: WHEAT FLOUR, SEMI-SWEET CHOCOLATE (COCOA LIQUOR, SUGAR, DEXTROSE, SOY LECITHIN, NATURAL FLAVOR), SUGAR, VEGETABLE, PALM AND PALM KERNEL OIL SHORTENING, BLACKSTRAP MOLASSES, SALT, DRIED WHOLE EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVOUR, AMMONIUM BICARBONATE, MODIFIED MILK INGREDIENTS, SOY LECITHIN.

CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS. MAY CONTAIN TREE NUTS.