

Nutrition Facts

Serving Size 1 pack

Amount per serving

Calories	130
Calories from Fat	19.0
% Daily Value*	
Total fat 3g	4.0 %
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150.0 mg	7.0 %
Potassium 50.0 mg	0%
Total Carbohydrate 24.0 g	9.0 %
Dietary Fiber 2.0 g	4.0 %
Sugar 8.0 g	
Protein 2.0 g	

Vitamin A 0% Calcium 0%
Vitamin C 0% Iron 6.0 %
*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 Carb		300g	375g
Fiber		25g	30g

The information shown here may vary from the information on product currently in distribution. Keep in mind that the ingredients and formulas change, so nutritional information, including trans fat information, may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.

INGREDIENTS

INGREDIENTS: GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT.\PAR } CONTAINS: WHEAT.

ALLERGENS

Wheat.