

Nutrition Facts

Serving Size 1 pack (49g)

Amount per serving

Calories 230

Calories from Fat 39.0

% Daily Value*

Total fat 10g 15.0 %

Saturated Fat 1.5 g 8.0 %

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460.0 mg 19.0 %

Potassium 50.0 mg 1.0 %

Total Carbohydrate 33.0 g 11.0 %

Dietary Fiber 1.0 g 3.0 %

Sugar 5.0 g

Protein 3.0 g

Vitamin A 0% Calcium 8.0 %

Vitamin C 0% Iron 8.0 %

*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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE \{VITAMIN B1\}, RIBOFLAVIN \{VITAMIN B2\}, FOLIC ACID), SOYBEAN OIL, CORNSTARCH, SUGAR, HIGH FRUCTOSE CORN SYRUP, POTATO STARCH, SALT, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SOUR CREAM POWDER (CULTURED CREAM, SKIM MILK), ONION POWDER, DEXTROSE, MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), SKIM MILK, NATURAL FLAVOR, SPICES, WHEY, DISODIUM INOSINATE AND DISODIUM GUANYLATE (FLAVOR ENHANCERS), CITRIC ACID, MODIFIED CORNSTARCH, CULTURED CREAM, MILKFAT, SOY LECITHIN.\PAR } CONTAINS: WHEAT, MILK, SOY.

ALLERGENS

WHEAT, MILK, SOY.