

Nutrition Facts

Serving Size 1 pack (49g)

Amount per serving

Calories 230

Calories from Fat 33.0

% Daily Value*

Total fat 7g 10.0 %

Saturated Fat 0.5 g 3.0 %

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 390.0 mg 17.0 %

Potassium 160.0 mg 4.0 %

Total Carbohydrate 34.0 g 12.0 %

Dietary Fiber 4.0 g 17.0 %

Sugar 6.0 g

Protein 3.0 g

Vitamin A 10.0 % Calcium 6.0 %

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: WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, CORNSTARCH, DRIED VEGETABLE BLEND (DRIED CARROTS, DRIED ONIONS, DEHYDRATED CABBAGE, TOMATO POWDER, DRIED RED BELL PEPPERS, DRIED GREEN BELL PEPPERS), MALT SYRUP (FROM CORN AND BARLEY), LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HYDROLYZED CORN AND YEAST PROTEIN, GARLIC POWDER, ONION POWDER, MONOSODIUM GLUTAMATE, SPICE (INCLUDES PARSLEY), DRIED PUMPKIN, VINEGAR POWDER, WHEY (FROM MILK), NATURAL FLAVOR (CONTAINS CELERY), ARTIFICIAL FLAVOR, RED 40 LAKE. \PAR } CONTAINS: WHEAT, MILK.