

Nutrition Facts

Serving Size	1/2 cup mix (43g)		As prepared (61g)		(100g)
	Per 1/2 cup mix		As prepared		As Packaged
Calories	180		250		414
	% DV		% DV		
Total Fat	4g	6%	11g	15%	10g
Saturated Fat	2g	13%	4g	18%	6g
Trans Fat	0g		0g		0g
Cholesterol	0mg	-	45mg	16%	0mg
Sodium	370mg	16%	390mg	17%	861mg
Total Carbohydrate	32g	12%	32g	12%	75g
Dietary Fiber	2g	6%	2g	6%	4g
Total Sugars	19g	-	19g	-	45g
Incl. Added Sugars	19g	38%	19g	38%	45g
Protein	2g		4g		5g
Vitamin D	0µg	-	0µg	-	0µg
Calcium	40mg	4%	50mg	4%	95mg
Iron	2mg	8%	2mg	10%	4mg
Potassium	170mg	4%	190mg	4%	406mg
Water	-	-	-	-	5g
Ash	-	-	-	-	4g

* The % Daily Value (DV) 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.

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Ingredients & Allergens

SUGAR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA PROCESSED WITH ALKALI, PALM OIL, DEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO AND DIESTERS OF FATTY ACIDS, EGG WHITE, SALT, MONO AND DIGLYCERIDES, SODIUM CASEINATE, DICALCIUM PHOSPHATE, CELLULOSE GUM, SOY LECITHIN, WHEY, SODIUM PHOSPHATE, DATEM, NATURAL FLAVOR, EGG WITH SODIUM SILICOALUMINATE, NONFAT MILK, DEFATTED SOY FLOUR.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.



No Artificial
Flavors



No Colors from
Artificial
Sources