

Nutrition Facts

Serving Size	1/4 cup mix (35g)		1/3 cup mix (54g)		(100g)
	Per 1/4 cup mix		Per 1/3 cup mix		As Packaged
Calories	150		230		429
	% DV		% DV		
Total Fat	4g	6%	7g	9%	12g
Saturated Fat	2g	12%	4g	18%	7g
Trans Fat	0g		0g		0g
Cholesterol	5mg	2%	10mg	3%	18mg
Sodium	290mg	13%	450mg	19%	829mg
Total Carbohydrate	25g	9%	39g	14%	73g
Dietary Fiber	1g	4%	2g	7%	3g
Total Sugars	15g	-	23g	-	43g
Incl. Added Sugars	15g	30%	23g	46%	43g
Protein	2g		4g		7g
Vitamin D	0µg	-	0µg	-	0µg
Calcium	30mg	2%	40mg	4%	81mg
Iron	2mg	10%	3mg	15%	5mg
Potassium	0mg	-	110mg	2%	195mg
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), PALM OIL, COCOA, DEXTROSE, COCOA PROCESSED WITH ALKALI. CONTAINS 2% OR LESS OF: EGG WHITE, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), EGGS WITH SODIUM SILICOALUMINATE, MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO AND DIESTERS, SALT, CARAMEL COLOR, MONO AND DIGLYCERIDES, CELLULOSE GUM, SOY LECITHIN, WHEY, NATURAL FLAVOR, NONFAT MILK, DEFATTED SOY FLOUR.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.



No Artificial
Flavors



No Colors from
Artificial
Sources