

Nutrition Facts

Serving Size	1/4 cup mix (35g)		1/3 cup mix (54g)		100 g (100g)
	Per 1/4 cup mix		Per 1/3 cup mix		As Packaged
Calories	150		230		419
	% DV		% DV		
Total Fat	4g	5%	6g	7%	11g
Saturated Fat	2g	10%	3g	15%	6g
Trans Fat	0g		0g		0g
Cholesterol	5mg	2%	10mg	4%	21mg
Sodium	220mg	10%	340mg	15%	633mg
Total Carbohydrate	27g	10%	41g	15%	76g
Dietary Fiber	0g	-	1g	2%	1g
Total Sugars	15g	-	23g	-	43g
Incl. Added Sugars	15g	30%	23g	46%	43g
Protein	2g		3g		5g
Vitamin D	0µg	-	0µg	-	0µg
Calcium	0mg	-	0mg	-	20mg
Iron	1mg	4%	1mg	6%	2mg
Potassium	0mg	-	0mg	-	85mg
Water	-	-	-	-	6g
Ash	-	-	-	-	3g

* 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, DEXTROSE. CONTAINS 2 % OR LESS OF: LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), PROPYLENE GLYCOL MONO AND DIESTERS OF FATTY ACIDS, MODIFIED CORN STARCH, EGG WITH SODIUM SILICOALUMINATE, EGG WHITE, SALT, NONFAT MILK, MONO AND DIGLYCERIDES, SOY LECITHIN, XANTHAN GUM, WHEY, NATURAL FLAVOR, ANNATTO AND TURMERIC EXTRACT COLOR, DEFATTED SOY FLOUR.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.



No Artificial
Flavors



No Colors from
Artificial
Sources