

Nutrition Facts

Serving Size	1/3 cup mix (43g)		1/4 cup mix (35g)		100 g (100g)
	Per 1/3 cup mix		Per 1/4 cup mix		As Packaged
Calories	190		160		444
	% DV		% DV		
Total Fat	6g	7%	4g	6%	13g
Saturated Fat	2g	13%	2g	11%	6g
Trans Fat	0g		0g		0g
Cholesterol	0mg	-	0mg	-	0mg
Sodium	150mg	7%	125mg	5%	350mg
Total Carbohydrate	33g	12%	27g	10%	77g
Dietary Fiber	1g	5%	1g	4%	3g
Total Sugars	24g	-	19g	-	55g
Incl. Added Sugars	24g	47%	19g	39%	55g
Protein	2g		2g		5g
Vitamin D	0µg	-	0µg	-	0µg
Calcium	0mg	-	0mg	-	24mg
Iron	2mg	8%	1mg	8%	4mg
Potassium	140mg	2%	110mg	2%	320mg
Water	-	-	-	-	3g
Ash	-	-	-	-	2g

* 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 PROCESSED WITH ALKALI, SOYBEAN OIL. CONTAINS 2% OR LESS OF: CORN STARCH, EGG WHITE, SALT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, SOY FLOUR, NONFAT MILK.

CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.