

Nutrition Facts

Serving Size	2/3 cup mix (90g)		100 g (100g)
		As Packaged	As Packaged
Calories		370	414
		% DV	
Total Fat	10g	13%	11g
Saturated Fat	2g	8%	2g
Trans Fat	0g		0g
Cholesterol	10mg	3%	9mg
Sodium	780mg	34%	863mg
Total Carbohydrate	67g	24%	75g
Dietary Fiber	1g	4%	1g
Total Sugars	26g	-	29g
Incl. Added Sugars	25g	50%	28g
Protein	4g		4g
Vitamin D	0µg	-	
Calcium	40mg	2%	41mg
Iron	2mg	15%	3mg
Potassium	0mg	-	
Water	-	-	7g
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

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, DEGERMED YELLOW CORN MEAL, SOYBEAN OIL, MODIFIED CORN STARCH, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: SALT, EGGS WITH SODIUM SILICOALUMINATE, MODIFIED WHEY, MONO AND DIGLYCERIDES, NONFAT MILK, XANTHAN GUM, SOY FLOUR. CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.

CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS

