

Nutrition Facts

Serving Size	1/4 cup mix (35g) (35g)		100g (100g)
		As Packaged	As Packaged
Calories		140	400
		% DV	
Total Fat	4g	4%	10g
Saturated Fat	2g	8%	5g
Trans Fat	0g		0g
Cholesterol	0mg	-	0mg
Sodium	310mg	13%	879mg
Total Carbohydrate	25g	9%	72g
Dietary Fiber	1g	2%	2g
Total Sugars	8g	-	21g
Incl. Added Sugars	7g	15%	21g
Protein	2g		6g
Vitamin D	0µg	-	
Calcium	30mg	2%	77mg
Iron	1mg	6%	3mg
Potassium	0mg	-	
Water	-	-	8g
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

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED CORN MEAL (CORN MEAL, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, DEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: SALT, DRIED HONEY, SODIUM CASEINATE, WHEY PROTEIN CONCENTRATE, SOY FLOUR, NATURAL AND ARTIFICIAL FLAVOR, SOY LECITHIN, ANNATTO AND TURMERIC EXTRACT COLOR, EGG.

CONTAINS WHEAT, MILK, SOY AND EGG INGREDIENTS.



No Artificial
Flavors



Zero Trans Fat



No Colors from
Artificial