

# Nutrition Facts

Serving Size	1/4 cup mix (38g)		100 g (100g)
	As Packaged		As Packaged
Calories	170		437
	% DV		
Total Fat	7g	9%	19g
Saturated Fat	4g	21%	11g
Trans Fat	0g		0g
Cholesterol	0mg	-	1mg
Sodium	390mg	17%	1032mg
Total Carbohydrate	23g	8%	60g
Dietary Fiber	1g	3%	2g
Total Sugars	1g	-	2g
Incl. Added Sugars	0g	-	1g
Protein	2g		6g
Vitamin D	0µg	-	0µg
Calcium	60mg	4%	148mg
Iron	2mg	8%	4mg
Potassium	0mg	-	95mg
Water	-	-	9g
Ash	-	-	5g

\* 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), PALM OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, BUTTERMILK, DEXTROSE, SOY FLOUR, EGG.

CONTAINS WHEAT, MILK, SOY AND EGG INGREDIENTS.



No Artificial  
Flavors



Zero Trans Fat



No Colors from  
Artificial  
Sources