

Nutrition Facts

Serving Size	1/3 cup + 2T mix (54g) (54g)		(100g)
	As Packaged		As Packaged
Calories	200		363
	% DV		
Total Fat	2g	3%	4g
Saturated Fat	1g	6%	2g
Trans Fat	0g		0g
Polyunsaturated	0g		2g
Monounsaturated	0g		2g
Cholesterol	0mg	-	1mg
Sodium	430mg	19%	881mg
Total Carbohydrate	37g	14%	69g
Dietary Fiber	1g	5%	2g
Total Sugars	7g	-	13g
Incl. Added Sugars	5g	9%	10g
Protein	5g		9g
Vitamin D	0µg	-	0µg
Calcium	30mg	2%	56mg
Iron	2mg	10%	4mg
Potassium	150mg	4%	275mg
Water	-	-	10g
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

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEGERMED YELLOW CORN MEAL, DEXTROSE, SUGAR, MODIFIED WHEY, PALM OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), DEFATTED SOY FLOUR, BUTTERMILK, SALT, SOY LECITHIN, CITRIC ACID, ANNATTO AND TURMERIC EXTRACT COLOR, NONFAT MILK, EGGS WITH SODIUM SILICOALUMINATE.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.



No Artificial
Flavors



Zero Trans Fat



No Colors from
Artificial
Sources