

Nutrition Facts

Serving size	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 380mg	17%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 14g	28%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

INGREDIENTS:

100% whole grain wheat flour, 100% whole grain oat flour, wheat protein isolate, brown sugar, whey protein concentrate, milk protein concentrate, buttermilk powder, leavening (monocalcium phosphate, baking soda), sea salt.

Contains milk and wheat. Due to processing on shared equipment, contains trace amounts of egg, soy, and tree nuts.