Ingredients: Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean Oil or Canola Oil, Modified Palm Oil, Soy Lecithin), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).

CONTAINS: WHEAT, SOY

Nutritional Information: See Nutrition Facts.

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Nutrition Facts			
Serving Size 1 cup (8g)			
Amount Per Se	erving		
Calories 30		Calories from	
	% Daily Value		Value *
Total Fat Og			0%
Saturated Fat Og 0%			0%
<u>Trans Fat 0g</u>			
Cholesterol 0	ng		0%
Sodium 10mg]		0%
Total Carbohydrate 7g 2%			
Dietary Fiber			0%
Sugars 0g			
Protein less than 1g			
Vitamin A 0%	Ŭ,	Vitamin C	0%
Calcium 0% • Iron 2%			
* Percent Daily Values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower depending on your			
calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium Total Carbohydrate	Less than	2,400mg 300g	2,400mg 375g
Dietary Fiber		25g	375g 30g
Calories per gram:		209	oog
Fat 9 • Carbohydrate 4 • Protein 4			

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