

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	140
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

**INGREDIENTS:**

ENRICHED FLOUR ( WHEAT FLOUR, NIACIN,  
REDUCED IRON, THIAMINE  
MONONITRATE, RIBOFLAVIN , FOLIC ACID),  
GRAHAM FLOUR, SUGAR,  
PALM OIL, HIGH FRUCTOSE CORN SYRUP,  
MOLASSES, HONEY, SALT, SODIUM  
BICARBONATE.