

Nutrition Facts			
Serving Size 3 oz (84g)			
Servings Per Container 10			
Amount Per Serving			
Calories 200		Calories from Fat 100	
		% Daily Value*	
Total Fat 11g			17%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 260mg			11%
Total Carbohydrate 20g			7%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 6g			12%
Vitamin A 0% • Vitamin C 2% Calcium 4% • Iron 0%			
*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	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

OYSTERS, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT PROTEIN, RICE FLOUR, SOY PROTEIN, WHEAT STARCH, SALT, PALM OIL, LEAVENING (SODIUM BICARBONATE), PEANUT, SESAME AND SOYBEAN OILS, SPICES, GARLIC POWDER, BLACK PEPPER, NATURAL FLAVORS (HVP, YEAST EXTRACT, SALT, PALM OIL, D-XYLOSE, DISODIUM 5-RIBONUCLEOTIDE).