

Nutrition Facts

Serving size

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.7mg 4%

Potassium 110mg 2%

*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:

Corn Starch, Water, Sourdough (Rice Flour, Water), Rice Flour, Buckwheat Flour, Sunflower Seeds, Flax Seeds, Caramelized Sugar Cane Syrup, Psyllium Seed Husk (Vegetable Fiber), Rice Starch, Modified Cellulose, Apple Juice Concentrate, Yeast, Soy Protein, Sunflower Oil, Salt, Corn Flour, Tartaric Acid. Contains: Soy. May Contain: Lupine And Sesame

CONTAINS: SOY