

Product ingredients

BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.

Allergens & dietary information

CONTAINS WHEAT INGREDIENTS

Because nutritional information can change, please see the physical product's packaging for the most up-to-date information relating to ingredients, nutrition facts, allergen statements and more.

Nutrition Facts

Serving Size

1/4 cup

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Amount Per Serving

Calories

110

Food Component / Nutrient	Amount	% DV*
	As Packaged	As Packaged
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	—
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	22g	8%
Total Sugars	0g	—
Incl. Added Sugars	0g	0%
Protein	3g	—
Iron	1.3mg	8%
Thiamin	0.2mg	20%
Riboflavin	0.2mg	10%
Niacin	2.3mg	15%
Folate	—	20%
Folic Acid	45mcg	—

* 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.