

Nutrition Facts (Prepared)	
1 Servings Per Container	
Serving Size	92 g
Amount Per Serving	
Calories	330
	% Daily Value*
Total Fat 13 g	17%
Saturated Fat 5 g	25%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 330 mg	14%
Total Carbohydrate 50 g	18%
Dietary Fiber 1 g	4%
Sugar 25 g	
Added Sugar 25 g	50%
Protein 4 g	0%
Vitamin D 0 µg	0%
Potassium 0 mg	0%
Calcium 90 mg	6%
Iron 2 mg	10%
* 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), Water, Sugar, High Fructose Corn Syrup, Margarine (Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate Added As A Preservative Artificially Flavored, Artificially Colored With Beta Carotene, Vitamin A Palmitate Added), Apple Juice From Concentrate, Eggs, Vegetable Oil (Soybean And Palm Oils), Corn Syrup, Contains 2% Or Less: Yeast, Monoglycerides, Apples, Salt, Modified Tapioca Starch, Corn Starch, Wheat Starch, Glycerin, Pectin, Calcium Carbonate, Gums (Guar And Carob Bean), Spice (Includes Cinnamon), Preservatives (Calcium Propionate, Potassium Sorbate), Calcium Sulfate, Dextrose, Natural And Artificial Flavor, Dextrin, Agar, Soy Lecithin, Modified Corn Starch, Whey, Enzyme.

Contains:

Soy, Eggs, Milk, and Wheat.