Nutrition Facts (Prepared)	
Serving Size	57 g
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 230 mg	10%
Total Carbohydrate 23 g	8%
Dietary Fiber 3 g	11%
Sugar 1 g	_
Added Sugar 0 g	0%
Protein 5 g	
Vitamin D 0 μg	0%
Potassium 90 mg	0%
Calcium 90 mg	6%
Iron 1.6 mg	8%
Vitamin A	0%
Vitamin C	0%
* The % Daily Value (DV) tells you ho in a serving of food contributes to a d calories a day is used for general nut	aily diet. 2,000

INGREDIENTS:

Whole Wheat Flour, Water, Wheat Gluten, Farina, Yeast, Salt, Calcium Propionate And Sorbic Acid (To Preserve Freshness), Sugar, Grain Vinegar, Sodium Stearoyl Lactylate, Natural Butter Flavor, Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Sucralose, Soy Lecithin, Soy, Whey.

MAY CONTAIN: TREE NUTS

CONTAINS: MILK, SOY, WHEAT