

Nutrition Facts

Serving Size 8 wafers (30g)

Amount per serving

Calories	140
Calories from Fat	36.0
% Daily Value*	
Total fat 6g	9.0 %
Saturated Fat 1.5 g	8.0 %
Trans Fat 0g	
Cholesterol 5.0 mg	2.0 %
Sodium 115.0 mg	5.0 %
Potassium 30.0 mg	1.0 %
Total Carbohydrate 21.0 g	7.0 %
Dietary Fiber 0g	0%
Sugar 11.0 g	
Protein 1.0 g	

Vitamin A 0% Calcium 0%

Vitamin C 0% Iron 4.0 %

*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	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

The information shown here may vary from the information
on product currently in distribution. Keep in mind that the
ingredients and formulas change, so nutritional information,
including trans fat information, may also change. For the
most accurate information for a particular product, please
refer to the nutrition and ingredient information on the
product package.

Current data as of 2/17/2017

INGREDIENTS

{INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE \, RIBOFLAVIN \, FOLIC ACID), SUGAR, CANOLA OIL, PALM OIL, HIGH FRUCTOSE CORN SYRUP, WHEY (FROM MILK), EGGS, SALT, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), EMULSIFIERS (MONO- AND DIGLYCERIDES, SOY LECITHIN), ARTIFICIAL FLAVOR, NATURAL FLAVOR. } CONTAINS: WHEAT, MILK, EGG, SOY