

Nutrition Facts			
Serving Size 1/4 cup (32g)			
Amount per serving			
Calories		140	
Calories from Fat		29.0	
		% Daily Value*	
Total fat 4g		6.0 %	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 150.0 mg		7.0 %	
Potassium 60.0 mg		0%	
Total Carbohydrate 24.0 g		9.0 %	
Dietary Fiber 1.0 g		4.0 %	
Sugar 10.0 g			
Protein 2.0 g			
Vitamin A 0%		Calcium 0%	
Vitamin C 0%		Iron 10.0 %	
*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.			

INGREDIENTS

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE B1RIBOFLAVIN FOLIC ACID), SUGAR, CANOLA OIL, COCOA (PROCESSED WITH ALKALI), INVERT SUGAR, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, NATURAL FLAVOR. } CONTAINS: {

ALLERGENS

WHEAT, SOY.