

Nutrition Facts

Serving Size1 pack

Amount per serving

Calories

Calories from Fat

22032.0

% Daily Value\*

Total fat 7g

Saturated Fat 0.5 g

Trans Fat 0g

Cholesterol 0mg

Sodium 330.0 mg

Potassium 142.0 mg

Total Carbohydrate 35.0 g

Dietary Fiber 5.0 g

Sugar 7.0 g

Protein 3.0 g

10.0 %

3.0 %

0%

14.0 %

4.0 %

13.0 %

18.0 %

Vitamin A 0%

Vitamin C 0%

Calcium 4.0 %

Iron 8.0 %

\*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

Sat Fat

Cholesterol

Sodium

Total Carb

Fiber

Less Than

Less Than

Less Than

Less Than

65g

20g

300mg

2,400mg

300g

25g

80g

25g

300mg

2,400mg

375g

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: WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA). } CONTAINS: {

## ALLERGENS

WHEAT.