

Nutrition Facts

[Serving Size](#)

Nutrition Facts	
(Unprepared)	
1 Servings Per Container	
Serving Size	1.5 oz
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 9 g	12%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 170 mg	7%
Total Carbohydrate 28 g	10%
Dietary Fiber 4 g	13%
Sugar 3 g	
Added Sugar 3 g	5%
Protein 3 g	
Vitamin D 0.1 µg	0%
Potassium 110 mg	2%
Calcium 10 mg	0%
Iron 1 mg	4%
* 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

Whole Corn, Sunflower And/Or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, And Salt. Contains Wheat Ingredients.

 May Contain

 Free From

 Contains