

Nutrition Facts

Serving Size 1/4 cup (30g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 22g 8%

Protein 4g

Iron 1mg 6%

Thiamin 0.2mg 15%

Riboflavin 0.1mg 10%

Niacin 2mg 15%

Folate 80mcg DFE 20%
(45mcg folic acid)

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium and potassium.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Ascorbic Acid (Dough Conditioner).

Product Information

- Made from Higher Protein Hard Wheat
- Kosher Pareve

Allergens

Contains wheat

Product Disclaimers

Do not eat raw flour, dough or batter.

Product formulation and packaging may change. For the most current information regarding a particular product, please refer to the product package.