

Nutrition Facts

about 80 servings per container

Serving size $\frac{1}{4}$ cup (28g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 530mg 8%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 2g Added Sugars 6%

Protein 4g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 1mg 6%

Potassium 55mg 2%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SALT, VEGETABLE OIL (SOYBEAN, COTTONSEED AND/OR CANOLA), SUGAR, MAY CONTAIN 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, DEXTROSE, SOY FLOUR, WHEY, CALCIUM PROPIONATE (PRESERVATIVE), SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), MONO AND DIGLYCERIDES, SOY LECITHIN, MOLASSES, HONEY, WHOLE WHEAT FLOUR, CORN FLOUR, CORNMEAL, CITRIC ACID, GRAIN VINEGAR, WHEAT STARCH, CORN STARCH, POTATO FLOUR, RICE FLOUR, WHEAT BRAN, OAT FIBER, CALCIUM SULFATE, DATEM, POTASSIUM IODATE, GUAR GUM, CALCIUM PHOSPHATE, ENRICHMENT (VITAMIN E ACETATE, VITAMIN A PALMITATE, VITAMIN D3), LACTIC ACID, ASCORBIC ACID (DOUGH CONDITIONER), SPICE & COLORING, NATURAL AND ARTIFICIAL FLAVOR, SESAME SEEDS.

CONTAINS WHEAT, SOY, MILK AND SESAME INGREDIENTS