

NUTRITION FACTS *

Amount per Serving (serving size) = 0.75 c

Calories 160		Fat Calories 15	
		% Daily Values*	
Total Fat 1.5g	2%	Total Carbohydrate 33 g	11%
Sat. Fat 0 g	0%	Dietary Fiber 1g	
Trans. Fat 0 g		Sugar 3g	
Cholesterol 0mg	0%	Protein 3g	
Sodium 600mg	25%		
Vitamin C	0%	Vitamin A	0%
Iron	8%	Calcium	4%

* The nutrition information contained in this list of Nutrition Facts is based on our current data. However, because the data may change from time to time, this information may not always be identical to the nutritional label information of products on shelf.

** % Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS

MADE FROM: UNBROMATED UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WHOLE WHEAT FLOUR, SALT, SUGAR, CONTAINS 2 PERCENT OR LESS OF: YEAST, CANOLA OIL, UNSULPHURED MOLASSES, SPICES (CONTAINS CELERY), ONION POWDER, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MALTED BARLEY FLOUR, SOY LECITHIN. CONTAINS: WHEAT, SOY.