Nutrition	Facts
Serving Size	
Amount Per Serving Calories 412	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 16mg	5%
Sodium 765mg	32%
Total Carbohydrate 76g	25%
Dietary Fiber 1g	4%
Sugars 38g	
Protein 5g	10%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS:

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: DEXTROSE, MODIFIED WHEY, SALT, EGG YOLK WITH SODIUM SILICOALUMINATE, XANTHAN GUM, SOY LECITHIN, NONFAT MILK, WHEY, SODIUM CASEINATE, NATURAL FLAVOR, ANNATTO AND TURMERIC EXTRACT COLOR.

CONTAINS: WHEAT, MILK, EGG AND SOY INGREDIENTS