

Nutrition Facts

Serving Size

Amount Per Serving

Calories 341

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 1mg **0%**

Sodium 1339mg **56%**

Total Carbohydrate 73g **24%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 8g **16%**

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NONFAT MILK, SALT. CONTAINS 2% OR LESS OF: SUGAR, BARLEY MALT EXTRACT, SOYBEAN OIL, CORN STARCH,ARTIFICIAL FLAVOR, YELLOWS 5 ; 6.

CONTAINS: WHEAT AND MILK INGREDIENTS.