

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 340mg	15%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 14g Added Sugars	28%
Protein 12g	24%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	

INGREDIENTS:

100% whole grain graham flour, 100% whole grain wheat flour, cane sugar, wheat protein isolate, semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), palm oil, marshmallows (tapioca syrup, cane sugar, water, tapioca starch, carrageenan, soy protein, natural vanilla flavor), buttermilk, whey protein concentrate, leavening (monocalcium phosphate, baking soda), sea salt, natural flavor

Contains milk, soy, and wheat. Due to processing on shared equipment, contains trace amounts of egg and tree nuts.