

Nutrition Facts	
Serving size	1 cup (49g)
Amount Per Serving	
Calories	220
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 30mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.44mg	8%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	0%
*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:

DURAM FLOUR, FARM FRESH EGGS, NO SALT, COLORING, OR PRESERVATIVES ADDED