

Nutrition Facts		(Thaw)
4 Servings Per Container		
Serving Size		91 g
Amount Per Serving		
Calories		200
		% Daily Value*
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 380mg		17%
Total Carbohydrate 39g		14%
Dietary Fiber 1g		5%
Sugar 2g		
Added Sugar 1g		2%
Protein 7g		
Vitamin D 0.6µg		4%
Potassium 70mg		2%
Calcium 100mg		8%
Iron 2.3mg		15%
Vitamin A 0µg		0%
Vitamin C 0mg		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

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains Less Than 2% Of: Ascorbic Acid, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate, Preservatives (Calcium Propionate, Sorbic Acid), Salt, Wheat Flour, Enzymes, Yellow Corn Flour, Tellow Cornmeal, Soybean Oil, Sugar, Wheat Gluten, Vinegar.