

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 500mg		22%
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%
* 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, Yellow Cornmeal, Fermented Wheat Flour, Inactive Yeast, Potassium Citrate, Xanthan Gum, Soybean Oil, Sugar, Wheat Gluten, Vinegar.