

Nutrition Facts		(Thaw)
6 Servings Per Container		
Serving Size		57 g
Amount Per Serving		
Calories		130
		% Daily Value*
Total Fat 1g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 240mg		10%
Total Carbohydrate 24g		9%
Dietary Fiber 1g		3%
Sugar 1g		
Added Sugar 1g		0%
Protein 4g		
Vitamin D 0.5µg		2%
Potassium 40mg		0%
Calcium 60mg		4%
Iron 1.4mg		8%
* 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, Soybean Oil, Sugar, Wheat Gluten, Vinegar.