

Nutrition Facts

Serving Size: 2 oz (56g)

Servings Per Container: About 8

Amount Per Serving

Calories 190	Calories from Fat 10
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% Daily Value*

Total Fat 1g	2%
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Saturated Fat 0g	0%
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Trans Fat 0g

Cholesterol 0mg	0%
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Sodium 0mg	0%
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Total Carbohydrate 41g	14%
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Dietary Fiber 2g	8%
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Sugars 1g

Protein 6g

Vitamin A 0%	•	Vitamin C 0%
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Calcium 2%	•	Iron 10%
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Thiamine 30%	•	Riboflavin 10%
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Niacin 15%	•	Folic Acid 30%
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INGREDIENTS: 100% DURUM WHEAT
SEMOLINA, NIACIN, FERROUS SULFATE (IRON),
THIAMIN MONONITRATE (VITAMIN B1),
RIBOFLAVIN (VITAMIN B2), FOLATE
CONTAINS: WHEAT.