Nutrition Facts	
(Unprepared)	
81 Servings Per Container	
Serving Size	100 g
Amount Per Serving	
Calories	395
	% Daily Value*
Total Fat 24.6 g	0%
Saturated Fat 11.2 g	0%
Trans Fat 0.3 g	
Cholesterol 0.0 mg	0%
Sodium 237.3 mg	0%
Total Carbohydrate 35.8 g	0%
Dietary Fiber 1.2 g	0%
Sugar 0.3 g	0%
Protein 6.7 g	0%
Vitamin D 0.0 μg	0%
Potassium 60.8 mg	0%
Calcium 86.6 mg	0%
Iron 2.3 mg	0%
Vitamin A 886.4 IU	0%
Vitamin C 0.0 mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000	

Ingredients

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folicacid), Margarine (Palm Oil, Palm Kernel Oil, Soybean Oil, Water, Salt, Mono- And Diglycerides, Polyglycerol Esters Of Fattyacids, Soy Lecithin, Natural Flavor, Citric Acid, Vitamin A Palmitate, Beta Carotene [Color]), Water. Contains 2% Or Less Ofeach Of The Following: Monocalcium Phosphate, Salt, Yellow Color Blend (Wheat Starch, Annatto, Turmeric).

calories a day is used for general nutrition advice.