

## [Serving Size](#)

# Nutrition Facts

(Unprepared)

48 Servings Per Container

**Serving Size** **102 g**

Amount Per Serving

**Calories** **220**

% Daily Value\*

Total Fat 4 g 5%

Saturated Fat 1 g 5%

Trans Fat 0 g

Polyunsaturated Fat 2 g

Monounsaturated Fat 1 g

Cholesterol 25 mg 8%

Sodium 470 mg 20%

Total Carbohydrate 38 g 14%

Dietary Fiber 1 g 4%

Sugar 7 g

Protein 6 g

Vitamin D 0 µg 0%

Potassium 140 mg 2%

Calcium 40 mg 4%

Iron 2 mg 10%

Vitamin A 0%

Vitamin C 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, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Buttermilk, Water, High Fructose Corn Syrup, Corn Flour, Eggs, Soybean Oil, Soy Flour, Less Than 2% Of: Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Salt, Soy Lecithin, Artificial Flavor. Contains: Egg, Milk, Soy, Wheat.



May Contain



Free From



Contains

Milk

Soy

Eggs

Wheat