

Nutrition Facts	
Serving size	(30g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	8%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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 Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, High Fructose Corn Syrup, Yeast, Salt, Vegetable Oil (Soybean Oil, Cottonseed Oil and/or Canola Oil), Sugar, May Contain 2% or Less of the Following: Wheat Gluten, Dextrose, Soy Flour, Whey, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate (Dough Conditioner), Mono- and Diglycerides, Soy Lecithin, Molasses, Honey, Whole Wheat Flour, Corn Flour, Cornmeal, Citric Acid, Grain Vinegar, Wheat Starch, Corn Starch, Potato Flour, Rice Flour, Wheat Bran, Oat Fiber, Calcium Sulfate, DATEM, Potassium Iodate, Guar Gum, Calcium Phosphate, Enrichment (Vitamin E Acetate, Vitamin A Palmitate, Vitamin D3), Lactic Acid, Ascorbic Acid (Dough Conditioner), Spice & Coloring, Natural & Artificial Flavor, Sesame Seeds, Parsley*, Garlic*, Spices, Parmesan and/or Romano Cheese (Pasteurized Cow's Milk and/or Sheep's Milk, Cheese Cultures, Salt, Enzymes). *Dehydrated CONTAINS: Wheat, Soy, Milk, Sesame Seeds.