

Nutrition Facts

12 servings per container

Serving size 1 pouch (28g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 7g 9%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 19g 7%

Dietary Fiber <1g 2%

Total Sugars 9g

Includes 9g Added Sugar 18%

Protein 1g

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 0.7mg 4% • Potas. 60mg 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN, PALM KERNEL AND PALM), INVERT SUGAR, COCOA PROCESSED WITH ALKALI, WHEY, CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, SOY LECITHIN, SORBITAN TRISTEARATE, MOLASSES, NATURAL AND ARTIFICIAL FLAVORS.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.