

Nutrition Facts

(Unprepared)

200 Servings Per Container

Serving Size **14 g**

Amount Per Serving

Calories **60**

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 60 mg	3%
Total Carbohydrate 11 g	4%
Dietary Fiber 1 g	2%
Sugar 3 g	
Added Sugar 3 g	6%
Protein 1 g	
Vitamin D 0 µg	0%
Potassium 20 mg	0%
Calcium 0 mg	0%
Iron 0.4 mg	2%

* 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:

Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Sugar, Vegetable Oil (Soybean And/Or Canola), Molasses, Honey, Corn Syrup. Contains 2% Or Less Of Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Natural Flavors, Salt, Soy Lecithin.

CONTAINS: WHEAT, SOY