

Nutrition Facts

Serving Size 1 pack (42g)

Amount per serving

Calories 220

Calories from Fat 50.0

% Daily Value*

Total fat 12g 18.0 %

Saturated Fat 4.0 g 20.0 %

Trans Fat 0.5g

Cholesterol 0mg 1.0 %

Sodium 220.0 mg 9.0 %

Potassium 110.0 mg 3.0 %

Total Carbohydrate 26.0 g 9.0 %

Dietary Fiber 1.0 g 3.0 %

Sugar 6.0 g

Protein 3.0 g

Vitamin A 0% Calcium 8.0 %

Vitamin C 0% Iron 6.0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

The information shown here may vary from the information on product currently in distribution. Keep in mind that the ingredients and formulas change, so nutritional information, including trans fat information, may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.

INGREDIENTS

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE \{VITAMIN B1\}, RIBOFLAVIN \{VITAMIN B2\}, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR PALM AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL), PALM OIL, SUGAR, WHEY, SUNFLOWER OIL, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), CHEDDAR CHEESE POWDER (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), SALT, DISODIUM PHOSPHATE (STABILIZER), SOY LECITHIN, NATURAL FLAVOR, COLOR (TURMERIC EXTRACT AND ANNATTO EXTRACT), DRIED YEAST, BUTTERMILK, LACTIC ACID, VINEGAR, MALTED BARLEY FLOUR. \PAR \} CONTAINS: WHEAT, MILK, SOY. MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT.

ALLERGENS

WHEAT, MILK, SOY.