

NUTRITION FACTS

1 Serving Per Container

Serving size

1 Bag

Amount per serving

Calories

180

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.5g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 34g 12%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0.4mcg 2%

Calcium 0mg 0%

Iron 2mg 10%

Potassium 60mg 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:

ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SALT, MALT (TAPIOCA SYRUP, MALT EXTRACT), YEAST, SODA. CONTAINS: WHEAT.