

# NUTRITIONAL FACTS

NORDIC WARE

## Salted Carmel Quick Bread Mix

<b>Nutrition Facts</b>		
Serving Size 1/16 of dry mix (32g) or 1 slice (56g)		
Serving per Container: 16		
Amount per Serving	Dry Mix	Prepared
<b>Calories</b>	110	180
<b>Calories from Fat</b>	0	60
<b>% Daily Value*</b>		
<b>Total Fat</b> 0g	0%	10%
<b>Saturated Fat</b> 0g	0%	21%
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> 0mg	0%	14%
<b>Sodium</b> 310mg	13%	14%
<b>Total Carbohydrate</b> 26g	9%	9%
<b>Dietary Fiber</b> 0g	0%	0%
<b>Sugars</b> 15g		
<b>Protein</b> 2g		
<b>Vitamin A</b>	0%	0%
<b>Vitamin C</b>	0%	0%
<b>Calcium</b>	2%	4%
<b>Iron</b>	4%	4%
<small>*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>		
	Calories	2,000
<b>Total Fat</b>	Less than	65g
<b>Sat. Fat</b>	Less than	20g
<b>Cholesterol</b>	Less than	300mg
<b>Sodium</b>	Less than	2,400mg
<b>Total Carbohydrate</b>		300g
<b>Dietary Fiber</b>		25g
<b>Calories per gram:</b>		
Fat 9 • Carbohydrate 4 • Protein 4		

- Enriched Wheat Flour (bleached wheat flour, enzyme, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Buttermilk Powder, Natural Salted Carmel Flavor, Natural Vanilla Flavor, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt, Sodium Bicarbonate, Dried Vanilla Bean Pieces.
- Contains: Wheat, Milk
- Manufactured in a facility which processes milk, egg, wheat, soy, peanut and tree nuts
- Ingredients needed to make: 2 large eggs, ¾ cup milk, 1 stick of unsalted butter