

Nutrition Facts

Serving Size (63g)

Servings Per Container 36

Amount Per Serving

Calories 230 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 740mg **31%**

Total Carbohydrate 46g **15%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Wheat Flour, Sugar, Yellow Corn Flour, Soybean Oil, Buttermilk, Sodium Bicarbonate, Salt, Sodium Aluminum Phosphate, Malt Extract, Dextrose, Natural and Artificial Flavors, Monocalcium Phosphate, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid.

Contains Wheat and Milk

Manufactured in a facility that processes Egg and Soy