



Nutrition Facts

about 75 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber <1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 3g

Vitamin D 0mcg 0%	Calcium 4mg 0%
Iron 1.4mg 8%	Potassium 30mg 0%
Thiamine 20%	Riboflavin 10%
Niacin 10%	Folate 90mcg DFE 20% (46mcg folic acid)

* The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME.

CONTAINS WHEAT.

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