



## 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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