

06/11/2013

<b>Nutrition Facts</b>			
Serving Size Dry Mix (47g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 170	<b>Calories from Fat</b> 5		
% Daily Value*			
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 370mg			<b>15%</b>
<b>Total Carbohydrate</b> 35g			<b>12%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 10g			
<b>Protein</b> 5g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 8%	
*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
Saturated 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

Ingredient Statement: Wheat Flour (Bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Dried Egg Whites, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate)., Natural Vanilla Flavor, Salt, Soy Lecithin.

Contains Egg, Soy, Wheat.