Particulate Mix: Corn Chex, Wheat Chex, Rye Chip, Squiggle Breadstick, Round Pretzel, Square Pretzel

Ingredients: Degermed Yellow Corn Meal, Enriched Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Whole Wheat, Vegetable Oil (soybean, palm, fractionated palm, high oleic canola, high oleic soybean, high oleic sunflower and/or palm olein), Rye Flour, Sugar, Salt. Contains 2% or less of: Corn Maltodextrin, Yeast, Spices, Dextrose, Caramel Color, Monosodium Glutamate, Yeast Extract, Baking Soda, Onion Powder, Garlic Powder, Barley Malt Syrup, Malt Syrup, Distilled Monoglycerides, Yellow Corn Flour, Trisodium Phosphate, Calcium Carbonate, Hydrolyzed Soy Protein, Disodium Inosinate, Disodium Guanylate, Citric Acid, Paprika Extract (for color), Natural Flavor, Sulfiting Agents, Fumaric Acid, Caraway, Sodium Diacetate. Freshness Preserved by BHT.
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Nutrition:

Nutrition Facts

Serving size	**1 pouch (49g)**
Amount per serving	
Calories	**210**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 560mg	**24%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 2g	**8%**
Total Sugars 4g	
Includes 3g Added Sugars	**7%**
Protein 4g	
Iron 1.2mg 6% • Potassium 120mg 2%	

Not a significant source of vitamin D and calcium.

*The % Daily Value (DV) 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.