

Nutrition

Nutrition Facts

100 servings per case

Serving size 1 Pouch (50 g)

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 7 g 9%

Saturated Fat 2 g 10%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 170 mg 7%

Total Carbohydrate 38 g 14%

Dietary Fiber 2 g 8%

Total Sugars 13 g

Includes 13g Added Sugars 26%

Protein 3 g

Vitamin D 0 mcg 0%

Calcium 10 mg 0%

Iron 1.5 mg 8%

Potassium 90 mg 0%

*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.

NLI# 17465

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.

Ingredients

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, vegetable oil (soybean, palm, canola and/or high oleic soybean), molasses. Contains 2% or less of salt, dextrose, natural flavors, baking soda, cinnamon, soy lecithin, rosemary extract for freshness.

Allergens / Certifications

CONTAINS WHEAT AND SOY INGREDIENTS.



KOSHER

KOSHER DAIRY

Meets USDA Whole Grain-Rich Criteria

YES

Child and Adult Care Food Program (CACFP) Eligible

YES
