

Nutrition Facts

Serving Size 3 3/4 oz (106g)

Servings Per Container 1

Amount Per Serving

Calories 290 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 630mg **26%**

Total Carbohydrate 54g **18%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 10g

Vitamin A 0% • Vitamin C 4%

Calcium 10% • Iron 20%

* 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	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED HIGH GLUTEN FLOUR, FILTERED WATER, BARLEY MALT, POPPY SEED, CHOPPED DEHYDRATED ONION, BROWN SUGAR, SESAME SEEDS, CORNMEAL, SALT, FRESH YEAST, DICED DEHYDRATED GARLIC, ROCK SALT, CARAWAY SEED
CONTAINS: WHEAT