

<b>Nutrition Facts</b>		
Serving Size 3 3/4 oz (106g)		
Servings Per Container 1		
<b>Amount Per Serving</b>		
<b>Calories</b> 280	Calories from Fat 10	
	% Daily Value*	
<b>Total Fat</b> 1g		1%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 450mg		19%
<b>Total Carbohydrate</b> 57g		19%
Dietary Fiber 2g		7%
Sugars 6g		
<b>Protein</b> 10g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 2%	• 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, BROWN SUGAR, CORNMEAL, SALT, FRESH YEAST

CONTAINS: WHEAT