

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 420mg **18%**

Total Carbohydrate 56g **19%**

Dietary Fiber 2g **9%**

Sugars 6g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • 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, SESAME SEEDS, BROWN SUGAR, CORNMEAL, SALT, FRESH YEAST

CONTAINS: WHEAT