

Nutrition Facts

Serving Size 3 3/4 oz (106g)

Servings Per Container 1

Amount Per Serving

Calories 290 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 530mg **22%**

Total Carbohydrate 54g **18%**

Dietary Fiber 2g **7%**

Sugars 6g

Protein 12g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 15%

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

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED HIGH GLUTEN FLOUR, FILTERED WATER, ASIAGO CHEESE, BARLEY MALT, BROWN SUGAR, CORNMEAL, SALT, FRESH YEAST

CONTAINS: MILK, WHEAT