

Nutrition Facts

Serving size	(45g)
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 94mg	2%

*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.

INGREDIENTS:

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE \{VITAMIN B1\}, RIBOFLAVIN \{VITAMIN B2\}, FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.\PAR }

CONTAINS:

WHEAT, SOY.