

## Nutrition Facts

Serving Size 3 oz (85g)

### Amount Per Serving

Calories 250    Calories from Fat 15

### % Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 1.5g         | <b>3%</b>  |
| Saturated Fat 0g              | <b>0%</b>  |
| <i>Trans</i> Fat 0g           |            |
| <b>Cholesterol</b> 45mg       | <b>14%</b> |
| <b>Sodium</b> 480mg           | <b>20%</b> |
| <b>Total Carbohydrate</b> 47g | <b>16%</b> |
| Dietary Fiber 2g              | <b>10%</b> |
| Sugars 0g                     |            |

### Protein 9g

Vitamin A 0%    • Vitamin C 0%  
Calcium 2%    • Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONOTRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), VEGETABLE SHORTENING (CONTAINS PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OILS), WHOLE WHEAT, CHEDDAR CHEESE (PASTEURIZED CULTURED MILK, SALT ENZYMES), CALCIUM CARBONATE, SALT, WHEY, AUTOLYZED YEAST, BUTTERMILK SOLIDS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH), SUGAR, YEAST, LACTIC ACID, ARTIFICIAL COLORS (ANNATTO, YELLOW 5, YELLOW 6), SODIUM PHOSPHATE, SODIUM CASEINATE, ONION POWDER, ACETIC ACID, XANTHAN GUM, POTASSIUM SORBATE  
CONTAINS: WHEAT, MILK, AND SOY

IS FOR LABEL,  
THAT'S A GOOD  
START FOR ME."

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