



Nutrition Facts

Serving Size 1 Package (42g)

Amount Per Serving

Calories 210 **Calories from Fat** 90

% Daily Value*

Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2.5g	
Cholesterol less than 5mg	1%
Sodium 290mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1g	4%
Sugars 0g	

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), WHITE CHEDDAR AND CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES). CONTAINS TWO PERCENT OR LESS OF SALT, WHEY, MALTODEXTRIN, MONOSODIUM GLUTAMATE, LEAVENING (YEAST, BAKING SODA), WHEY PROTEIN CONCENTRATE, BUTTER (CREAM, SALT), NATURAL AND ARTIFICIAL FLAVOR, LACTIC ACID, CALCIUM LACTATE, CITRIC ACID, DISODIUM PHOSPHATE, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, SOY LECITHIN.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.