

Nutrition Facts

Serving Size 2 tbsp (7g)
Servings Per Container 648

Amount Per Serving

Calories 30 **Calories from Fat 5**

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 1g

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

* 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		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, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, WHEY, SALT, YEAST, HIGH FRUCTOSE CORN SYRUP, 2% OR LESS OF SUGAR, ONION POWDER, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACTYLATE, SPICES, PARSLEY*, WHEAT GLUTEN, SPICE EXTRACTIVE, PAPRIKA, TURMERIC AND EXTRACTIVE OF PAPRIKA (COLOR), CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYDRATED

CONTAINS: WHEAT, MILK.

PACKAGED IN A FACILITY THAT ALSO PACKAGES TREE NUTS.