

Nutrition Facts	
Serving Size 1/3 cup (46g)	
Servings Per Container 1	
Amount Per Serving	
Calories 160	
Total Fat	2g
Trans Fat	0g
Sodium	460mg
Total Carbohydrate	31g
Dietary Fiber	1g
Sugars	6g
Protein	5g
% Daily Value	
Protein 36%	• Vitamin A 0%
Vitamin C 0%	• Calcium 15%
Iron 10%	

Ingredients: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), DRIED BUTTERMILK, SALT, CALCIUM CARBONATE (A SOURCE OF CALCIUM).