

Nutrition Facts

17 servings per container

Serving size 1/4 cup (40g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 30g 11%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 1mg 6%

Potassium 38mg 0%

Thiamin 0.3mg 25%

Riboflavin 0.1mg 8%

Niacin 1mg 6%

Folate 598mcg DFE 150%

*The % Daily Value 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: Wheat, Niacin, Iron, Thiamine, Riboflavin, Folic Acid.

CONTAINS: Wheat.