INGREDIENTS: ENRICHED
CORN FLOUR, NIACIN,
REDUCED IRON THIAMINE
MONONITRATE, RIBOFLAVIN, FOLIC ACID, SOYBEAN
OIL, WHOLE GRAIN WHEAT
GERM, CORNSTARCH, HIGH
FUCTOSE CORN SYRUP,
SALT, CORN SYRUP,
MONOGLYCERIDES, BARLEY
MALT SYRUP, LEAVENING,
SOY LECITHIN, VEGETABLE
COLOR, ONION POWDER







## **SERVING SUGGESTION: SNACK**

## **Nutrition Facts**

Serving Size 1 cup (228g) Servings Per Container 2

Servings Per Container 2				
Amount Per Serving				
Calories 250 Calories from Fat 110				
% Daily Value*				
Total Fat 12g				4
Saturated Fat 3g				8
Trans Fat 3g				15
Cholesterol 30mg				16
Sodium 470mg				23
Potassium 700mg				42
Total Carbohydrate 31g 4				4
Dietary Fiber 0g				8
Sugars 5g				15
Protein 5g				16
Vitamin A				4%
Vitamin C				2%
Calcium				20%
Iron 4%				
* 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 Sat fat Cholesterol Sodium Total Carbohyd Dietary Fiber	Less than Less than Less than Less than rate	1	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g