

Nutrition Facts			
Serving Size: 1.3 oz (37g)			
Serving Per Container: 18			
Amount Per Serving			
Calories: 140	Cal from Fat: 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 115mg	5%		
Total Carbohydrate 29g	10%		
Dietary Fiber 1g	4%		
Sugars 14g			
Protein 3g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 2%	• Iron 8%		
*Percent 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 Carb		300g	375g
Dietary Fiber		25g	30g
Calories Per Gram			
Fat 9 · Carbohydrate 4 · Protein 4			

Ingredients: Bleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, folic acid), brown sugar, rolled oats, sugar, whole egg, dried honey, sodium bicarbonate, salt, artificial flavor and spice.

Contains: Wheat and Egg.