

Nutrition Facts

Serving Size

2 oz. (56g 1/8 box)

Servings per Container 8

Calories 200

Calories from Fat 10

Amount per Serving % Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Vitamin A: 0% - Vitamin C: 0% - Calcium: 0% - Iron: 10% - Thiamin: 35% - Riboflavin: 15%
Niacin: 20% - Folic acid: 30%

Amount per Serving % Daily Value*

Total Carbohydrate 41g **14%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 7g

* 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