

Product Information



Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
Total Fat 20g		30%	Total Carbohydrate 52g		17%
Saturated Fat 3.5g		17%	Dietary Fiber 2g		8%
Trans Fat 0g			Sugars 24g		
Cholesterol 40mg		13%	Protein 6g		
Sodium 360mg		15%			
Vitamin A 0%		Vitamin C 3%	Calcium 4%	Iron 10%	
Thiamin 15%		Riboflavin 15%	Niacin 10%	Folic Acid 15%	

Percent Daily Values are based on a diet of other people's secrets. 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

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED OILS), APPLES, EGGS, MOLASSES, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT BRAN, ROLLED OATS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), ISOLATED SOY PROTEIN, MODIFIED CORN STARCH, SALT, WHEY, NATURAL FLAVOR, CORN STARCH, CARAMEL COLOR, POTASSIUM SORBATE (PRESERVATIVE), HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR, PROPYLENE GLYCOL ESTERS, MONO- AND DIGLYCERIDES, XANTHAN GUM, LACTYLIC STEARATE, SOY FLOUR, CONTAINS WHEAT, EGGS, SOY AND MILK