

Product Information



Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
Total Fat 21g		33%	Total Carbohydrate 61g		20%
Saturated Fat 3.5g		18%	Dietary Fiber 2g		9%
Trans Fat 0g			Sugars 26g		
Cholesterol 40mg		13%	Protein 7g		
Sodium 500mg		21%			
Vitamin A 0% • Vitamin C 0%			Calcium 4% • Iron 15%		
Thiamin 20% • Riboflavin 15%			Niacin 15% • 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), VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED OILS), SUGAR, APPLES, WATER, EGGS, CORN SYRUP, MOLASSES, GLYCERINE, HIGH FRUCTOSE CORN SYRUP. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT BRAN, ROLLED OATS, ISOLATED SOY PROTEIN, BAKING POWDER (BAKING SODA, CORNSTARCH, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, WHEY, POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVOR, MODIFIED CORN STARCH, BROWN SUGAR, CARAMEL COLOR, PROPYLENE GLYCOL ESTERS, MONO- AND DIGLYCERIDES (FROM VEGETABLE SOURCES), XANTHAN GUM, LACTYLIC STEARATE, SOY FLOUR.
CONTAINS WHEAT, EGGS, MILK AND SOY