

# Nutrition Facts

Serving Size 1/12 package

(44g, about 1/4 cup dry mix)

Servings Per Container 12

Amount Per Serving	Mix	Baked
<b>Calories</b>	190	280
Calories from Fat	45	140

## % Daily Value\*\*

<b>Total Fat</b> 5g*	<b>8%</b>	<b>24%</b>
Saturated Fat 2g	<b>10%</b>	<b>13%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>23%</b>
<b>Sodium</b> 300mg	<b>13%</b>	<b>13%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>	<b>0%</b>
Sugars 18g		
<b>Protein</b> 2g		

Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	8%
Iron	2%	4%

\* Amount in Mix

\*\* 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