

# Nutrition Facts

45 servings per container

**Serving size 1 Pouch (42g)**

Amount per serving

**Calories 210**

**% Daily Value\***

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 4g

Vitamin D 0mcg 0% • Calcium 25mg 2%  
Iron 1.7mg 8% • Potassium 45mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), **vegetable oil** (soybean and palm oil with TBHQ for freshness), **white cheddar cheese** (milk, cheese cultures, salt, enzymes).

**Contains 2% or less of** salt, whey, cheddar cheese (milk, cheese cultures, salt, enzymes), monosodium glutamate, whey protein concentrate, butter (cream, salt), baking soda, yeast, natural and artificial flavor, lactic acid, calcium lactate, disodium phosphate, citric acid, turmeric extract color, annatto extract color, soy lecithin.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

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**Questions or Comments?**



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