

# Nutrition Facts

12 servings per container

**Serving size**      **1/4 cup dry mix (44g)**

	Per 1/4 cup dry mix		Per baked portion	
<b>Calories</b>	<b>170</b>		<b>300</b>	
	% DV*		% DV*	
<b>Total Fat</b>	1.5g	<b>2%</b>	16g	<b>21%</b>
Saturated Fat	1g	<b>5%</b>	5g	<b>25%</b>
<i>Trans</i> Fat	0g		0g	
<b>Cholesterol</b>	0mg	<b>0%</b>	60mg	<b>20%</b>
<b>Sodium</b>	300mg	<b>13%</b>	375mg	<b>16%</b>
<b>Total Carb.</b>	36g	<b>13%</b>	36g	<b>13%</b>
Dietary Fiber	<1g	<b>2%</b>	<1g	<b>2%</b>
Total Sugars	18g		18g	
Incl. Added Sugars	18g	<b>36%</b>	18g	<b>36%</b>
<b>Protein</b>	2g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	100mg	8%	100mg	8%
Iron	1mg	6%	1mg	6%
Potassium	40mg	0%	40mg	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.