

07/30/2015

Nutrition Facts	
Serving Size 1/2 cup dry mix (53g)	
Servings Per Container about 11	
Amount Per Serving	
Calories 200	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 220mg	9%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
*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
Saturated 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	

Low Saturated Fat
 Good source of Protein
 High Fiber

INGREDIENTS: Gluten Free Oat Flour, Tapioca Starch, Brown Sugar, Whole Dried Eggs, MonoCalcium Phosphate, Sodium Bicarbonate, Sea Salt, Xanthan Gum.