



Nutrition Facts

Servings per Container **60**
Serving size **1pouch(49g)**

Amount per serving
Calories 220

	% Daily Value*
Total Fat 6g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 3g Added Sugar	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.2mg	7%
Potassium 110mg	2%

* 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.

* Benefits

Ingredients

WHOLE WHEAT, DEGERMED YELLOW CORN MEAL, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN, RICE BRAN AND/OR CANOLA), SUGAR, RYE FLOUR. CONTAINS 2 % OR LESS OF: SALT, MALTODEXTRIN, YEAST, SPICES, COLOR ADDED, DEXTROSE, DISTILLED MONOGLYCERIDES, BAKING SODA, YELLOW CORN FLOUR, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, AUTOLYZED YEAST, DRIED ONION, DRIED GARLIC, HYDROLYZED SOY PROTEIN, BARLEY MALT SYRUP, FUMARIC ACID, CITRIC ACID, CARAWAY, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVOR, SODIUM DIACETATE. FRESHNESS PRESERVED BY BHT. CONTAINS WHEAT AND SOY INGREDIENTS.

⚠ Allergens

Contains:

soy wheat

Handling Suggestions

📄 Product Specifications

Serving Suggestions

Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
CHEX	GENERAL MILLS, INC.	Snacks, Specialty & Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
1240000	126987	00016000124004	60	60/1.7 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8lb	7.3lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16in	10in	10in	0.93ft3	12x3	0DAYS	40°F / 111°F



Nutrition Analysis - By Serving

Calories	220	Total Fat	6g	Sodium	400mg
Protein	4	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	38g	Saturated Fat	1g	Iron	1.2mg
Sugars	4g	Added Sugars	3g	Potassium	110mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

 Additional Images

