

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Prepared)

Serving Size 106.0000g	
Servings Per Container 96	
Amount Per Serving	
Calories 410	Calories from fat 180
% Daily Value*	
Saturated Fat 10 g	50%
Trans Fat 0 g	
Cholesterol 10 mg	4%
Sodium 330 mg	14%
Potassium 0 mg	0.0000%
Total Carbohydrate 51 g	19.0000%
Dietary Fiber 1 g	4.0000%
Sugar 22 g	
Protein 5 g	0%
Vitamin A 0 µg	0%
Vitamin C 0 mg	0%
Calcium 60.0000 mg	4%
Iron 1.9 mg	10.0000%
Vitamin D 0 µg	0.0000%
Thiamin .2 mg	
Riboflavin .1 mg	
Niacin 1.7 mg	

(-) Information is currently not available for this nutrient.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

	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	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Child Nutrition Label:

No

Ingredients:

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SUGAR, WATER, BLUEBERRIES, CORN SYRUP SOLIDS, MODIFIED CORN STARCH, BAKING SODA, DRIED EGG YOLK (CONTAINS SODIUM SILICOALUMINATE), DRIED EGG WHITE (CONTAINS CITRIC ACID), NONFAT MILK, SALT, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, WHEAT PROTEIN ISOLATE (WHEAT GLUTEN), XANTHAN GUM, NATURAL FLAVOR.