

Enriched Rods			
Nutrition Facts			
Serving Size: 1 oz. (28g/About 3 Pieces)			
Amount Per Serving			
Calories	110	Calories From Fat	10
		% of Daily Value*	
Total Fat	1 g	1 %	
Saturated Fat	0 g	0 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	340 mg	14 %	
Total Carbohydrate	22 g	7 %	
Dietary Fiber	less than 1 g	4 %	
Sugars	less than 1 g		
Protein	3 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	10 %
Thiamin	15 %	Riboflavin	6 %
Niacin	10 %	Folate	10 %
*Percent Daily Values are bases on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
Ingredients: Enriched Wheat Flour (Wheat Starch, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Silicon Dioxide [anti-caking agent]), Vital Wheat Gluten, Salt, Corn Syrup, Vegetable Oil (May contain one or more of the following: Corn, Canola, Cottonseed, Soybean), Sodium Bicarbonate, Yeast. CONTAINS: WHEAT			