

# Nutrition Facts

Serving Size 1 Hero (135g/4.76oz)  
 Servings Per Container 1

Amount Per Serving		
Calories 300		Calories from Fat 0
		% Daily Value*
<b>Total Fat</b>	3.5g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	560mg	23%
<b>Total Carbohydrate</b>	57g	19%
Dietary Fiber	2g	8%
Sugars	3g	
<b>Protein</b>	8g	

Vitamin A 0% \*    Vitamin C 4%  
 Calcium 0% \*    Iron 20%

\* 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
Sat. 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

**INGREDIENTS:** UNBLEACHED UNBROMATED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID.), WATER, NATURAL STARTER ((UNBLEACHED UNBROMATED FLOUR, WATER, ENZYMES)), PREFERMENT, OIL (SOYBEAN OIL). CONTAINS 2% OR LESS OF THE FOLLOWING: POTATO FLAKES, SEMOLINA FLOUR, GRANULATED SUGAR, YEAST, MILK, SEA SALT, S-500 GREEN ((WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES)).  
**CONTAINS: WHEAT, SOY, DAIRY.**

