

# Nutrition Facts

Serving Size 1 biscuit (55g)

Servings Per Container 8

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## Amount Per Serving

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**Calories** 160      **Calories from Fat** 60

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**% Daily Value\***

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**Total Fat** 7g      **10%**

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Saturated Fat 2g      **10%**

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*Trans* Fat 0g

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**Cholesterol** 0mg      **0%**

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**Sodium** 320mg      **13%**

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**Total Carbohydrate** 22g      **7%**

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Dietary Fiber 1g      **6%**

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Sugars <1g

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**Protein** 4g

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Vitamin A 0%      •      Vitamin C 0%

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Calcium 6%      •      Iron 6%

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\* 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     |

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Enriched All Purpose Wheat Flour, Water, Whole Wheat Flour, Shortening with Palm, Cottonseed and Hydrogenated Soybean Oils, Instant Non Fat Dry Milk, Baking Powder, Salt.  
**CONTAINS:** Wheat, Soy, Milk