



rev: 4/15/2011

Enriched Spinzels			
Nutrition Facts			
Serving Size: 1 oz. (28g/About 22 Pieces)			
Servings Per Container: About 10			
Amount Per Serving			
Calories	110	Calories From Fat	15
			% of Daily Value*
Total Fat		1.5 g	2 %
Saturated Fat		0 g	0 %
Trans Fat		0 g	
Cholesterol		0 mg	0 %
Sodium		380 mg	16 %
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	15 %
*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	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]), Vegetable Oil (May contain one or more of the following: Corn, Canola, Cottonseed, Soybean), Salt, Artificial Butter Flavor, Corn Syrup, Yeast.			
CONTAINS: WHEAT			