

Nutrition Facts

Serving Size 1/12 pkg (51g mix)
 Servings Per Container 12

Amount per Serving	Mix	Prepared	
Calories	210	300	
Calories from fat	35	100	
	% Daily Value**		
Total Fat 4g*	6%	17%	
Saturated Fat 0g	0%	23%	
Trans Fat 0g			
Cholesterol 0mg*	0%	18%	
Sodium 210mg*	9%	12%	
Total Carbohydrate 40g	13%	15%	
Dietary Fiber 3g	12%	12%	
Sugars 17g*			
Protein 3g*			
Vitamin A	0%	6%	
Vitamin C	0%	2%	
Calcium	6%	8%	
Iron	6%	8%	
* Amount in mix. As prepared, one serving provides 11g total fat (4.5g saturated fat), 55mg cholesterol, 290mg sodium, 20g sugar and 5g protein. ** 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	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9g • Carbohydrate 4 • Protein 4		

Ingredients: Sugar, Teff Flour, Rice Flour, Chopped Pecans, Cornstarch, Tapioca Flour, Dried Buttermilk, Baking Powder, Xanthan Gum, Baking Soda