

Consistent Quality with a Home-Baked Taste



The Original Whole Grain Enriched Brekkie

9000

3 oz. 48 ct./box

76% Whole Grain

2 Grain Equivalent

Nutritional Facts

WG Brekkie

Serving Size One Serving (85g)

Servings Per Container 1

Amount Per Serving

Calories 360	Calories from Fat 140	
	% Daily Value*	
Total Fat 16g		24%
Saturated Fat 8g		40%
Trans Fat 0g		
Polyunsaturated Fat 1.5g		
Monounsaturated Fat 5g		
Cholesterol 30mg		11%
Sodium 280mg		12%
Potassium 190mg		5%
Total Carbohydrate 52g		17%
Dietary Fiber 4g		16%
Sugars 26g		
Protein 6g		12%
Vitamin A		30%
Vitamin C		0%
Calcium		4%
Iron		10%



INGREDIENTS: Flour (Whole Wheat Flour, Rolled Oats, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Monoitrate, Riboflavin, Folic Acid]), Sugar, Butter, Carrots, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Palm Oil, Eggs, Water, Molasses, Ground Flaxseed, Sodium Bicarbonate, Salt, Vanilla Extract
Contains: Eggs, Wheat, Milk and Soy.

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