

Consistent Quality with a Home-Baked Taste



The Original Whole Grain Enriched Brekkie

9001

1.5 oz. 96 ct./box

76% Whole Grain

Nutritional Facts

WG Original Brekkie

Serving Size One Serving (42.5g)
Servings Per Container 1

Amount Per Serving

Calories 190	Calories from Fat 80	% Daily Value*
Total Fat 8g		13%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Polyunsaturated Fat 1.5g		
Monounsaturated Fat 5g		
Cholesterol 10mg		3%
Sodium 160mg		7%
Potassium 85mg		2%
Total Carbohydrate 27g		9%
Dietary Fiber 2g		7%
Sugars 13g		
Protein 3g		6%
Vitamin A		4%
Vitamin C		0%
Calcium		2%
Iron		6%



INGREDIENTS: Whole Grain [whole wheat flour, enriched flour (wheat flour, barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), rolled oats, ground flaxseed]; Sugar; Margarine (soybean oil, palm oil, water, salt, butter, sweet cream buttermilk solids, mono & diglycerides, soy lecithin, sodium benzoate added as a preservative, artificial butter flavor, beta carotene, vitamin A palmitate added); Water; Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, salt); Whole Eggs; Molasses; Carrots; Butter; Baking Soda; Vanilla Extract, Salt, Soy Lecithin. Contains: Eggs, Wheat, Milk and Soy.

GreatNorthernBaking.com

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