

Hadley Farms

Nutrition Label

1053 Whole Grain Mango Flip 1.5 oz

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 flip (43g) Serv. Per Cont. 240 Calories 130 Fat Cal. 35	Total Fat 4g	6%	Total Carb. 21g	7%
	Sat. Fat 1g	6%	Fiber 2g	9%
	<i>Trans</i> Fat 0g		Sugars 6g	
	Cholest. 5mg	1%	Protein 3g	
	Sodium 125mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	Vitamin A 6%	• Vitamin C 0%	• Calcium 2%	• Iron 4%

INGREDIENTS: Whole Grain White Wheat Flour, Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Mango Filling (Mango Puree, Corn Syrup, Modified Food Starch, Gellan Gum, Natural Flavor, with Erythorbic Acid, Citric Acid, Sodium Propionate and Potassium Sorbate [as Preservatives]), Margarine (Palm Oil, Soybean Oil, Whey, Sugar, Mono & Diglycerides, Soybean Lecithin, Natural and Artificial Butter Flavor, Beta Carotene [Color], Citric Acid [Preservative], Vitamin A Palmitate added), Sugar, Dough Conditioners (Guar and/or Arabic Gums, Soybean Oil, Salt, Cultured Wheat Starch, Natural Wheat Sour, Wheat Flour, Rye Flour, Ascorbic Acid, Sodium Stearoyl Lactylate [SSL]), Soybean Oil, Contains 2% or less of: Non Fat Dry Milk Powder (Non Fat Dry Milk, Whey), Natural Orange Emulsion (Natural Flavor, Propylene Glycol, Gum), Yeast (Leavening), Salt, Eggs, Egg Replacer (Whole Soy Flour, Wheat Gluten, Corn Syrup Solids, Algin), Mold Inhibitor (Cultured Organic Spelt Flour, Lactic Acid).

9.22 grams Whole Grain per Flip (51%)
 8.86 grams Enriched Grain per Flip (49%)
 1 OZ EQ per Flip

Competitive Foods Data
 Percent Calories from Fat (<= 35%) 27.69%
 Percent Calories from Sat Fat (< 10%) 6.92%
 Percent Sugar by Weight (<= 35%) 13.95%

ALLERGEN INFORMATION:
 CONTAINS: Eggs, Milk, Soy, Wheat