

Cheese Twist

Nutrition Facts

Serving Size: (35g)
Servings Per Container:
About 8

Calories 190
Calories from Fat 80

Amount/serving	% Daily Value*
Total Fat 9g	14%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 220mg	9%

Vitamin A 6% • Vitamin C 2% • Calcium 2% • Iron 6%

Amount/serving	% Daily Value*
Total Carbohydrate 22g	7%
Dietary Fiber <1g	2%
Sugars 6g	
Protein 5g	

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEESE FILLING (CREAM CHEESE [MILK, CHEESE CULTURES, SALT, GUAR GUM], SUGAR, LEMON EXTRACT), EGGS, SUNFLOWER OIL, SUGAR, PURIFIED SEA SALT, INSTANT DRY YEAST

CONTAINS: MILK, EGG, WHEAT