

## Elf Grahams, Cinnamon, WG

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Soy, Wheat

Amount Per Serving

Calories: 120

Calories from Fat: 36

<b>Total Fat:</b>	<b>4.0g</b>
Saturated Fat:	1.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>105mg</b>
<b>Total Carbohydrate:</b>	<b>21.0g</b>
Dietary Fiber:	1.0g
<b>Protein:</b>	<b>2.0g</b>

Vitamin A: 40RE

Vitamin C: .0mg

Calcium: 100.0mg

Iron: .7mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Grahams Elf Cinnamon IW (mfg label): WHOLE WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), GRAHAM FLOUR, HONEY, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, MOLASSES, SALT, BAKING SODA, CINNAMON, SOY LECITHIN. CONTAINS: WHEAT AND SOY [990160]

