Ingredients: Enriched Flour Bleached (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Contains 2% or less of: Fructose, Sugar, Soybean Oil, Defatted Soy Flour, Leavening (Baking Soda, Sodium Pyrophosphate, Monocalcium Phosphate), Egg White, Salt, Sodium Stearoyl Lactylate, Natural Flavor, Enzymes, Nonfat Milk, Lactalbumin, Dicalcium Phosphate, Magnesium Phosphate, Calcium Sulfate, Ferrous Sulfate, Vitamin E, Niacinamide, Vitamin A, Pyridoxine, Thiamin, Riboflavin, Folic Acid, Vitamin B12.

Contains egg, milk, soy, and wheat ingredients. This product is processed in a facility that produces products with coconuts. 0g Trans Fat