

Nutrition Facts

Serving Size 1 Knish (113g)

Servings Per Container 12

Calories 240

Calories from fat 70

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7g	11%	Total Carb. 38g	13%
Saturated Fat 2.5g	13%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 12g	
Cholesterol 5mg	1%	Protein 6g	
Sodium 500mg	21%		
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Vitamin A 0%	•	Vitamin C 2%	•
Calcium 2%	•	Iron 15%	

כשר פארווע



KOSHER PARVE

RABBI M. WEISSMANDL
Rav of Nitra - Monsey



PARVE

Ingredients: Wheat Flour (with niacin, iron, thiamine mononitrate, riboflavin, folic acid), Potatoes, Water, Soybean Oil, Canola Oil, Dextrose, Onion, Salt, Eggs, Black Pepper.

Contains: Egg, Soy, Wheat