Pump Onion Pockets

water (hydrogen, oxygen), vegetable oil, high gluten flour (bleached wheat flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, enzyme, foic acid), white rye flour (rye flour, less than 1% whole wheat flour), Heart of Rye (rye flour, salt, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), onions, poppy seed, ground carraway seeds, sugar, acetic acid, lactic acid, and 2% or less of each of the following: gound dill seed, natural flavor))yeast, milled wheat, caramel color.

Allergens: Wheat