

Nutrition Facts

Serving Size 1 Slice (70g)

Amount Per Serving

Calories 190 **Calories from Fat** 15

% Daily Value*

Total Fat 2.7g 3%

Saturated Fat 0g 0%

Trans Fat 0.01g

Cholesterol 0mg 0%

Sodium 320mg 13%

Total Carbohydrate 35g 12%

Dietary Fiber 1g 4%

Sugars 1g

Protein 7g

Vitamin A 0% • **Vitamin C** 0%

Calcium 8% • **Iron** 4%

Thiamin 20% • **Riboflavin** 10%

Niacin 15% • **Folate** 20%

* 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
Saturated 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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED BLEACHED BROMATED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATED THIAMIN MONITRATE, RIBLOFLAVIN, FOLIC ACID) WATER, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING; CARAMEL COLOR [SULFITES], SALT, SOYBEAN OIL, YEAST, RYE FLOUR, SUGAR, VINEGAR, ETHOXYLATED MONO AND DIGLYCERID, WHEAT FLOUR, DEXTROSE, DATEM, MONO AND DIGLYCERIDES, ASCORBIC ACID, POLYSORBATE 60, PHOSPHORIC ACID AND SODIUM PROPIONATE AND CALCIUM. [FOR FRESHNESS]

ALLEGERGEN INFORMATION: CONTAINS WHEAT AND SULFITES

ONCE OPENED KEEP REFRIGERATED