

Nutrition Facts

Serving Size 1 Slice (51g/1.80oz)
 Servings Per Container 22

Amount Per Serving
Calories 120 **Calories from Fat 0**

		% Daily Value*
Total Fat	2.5g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	4g	

Vitamin A 0% * **Vitamin C 0%**
Calcium 2% * **Iron 8%**

* 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
Sat. 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: UNBLEACHED UNBROMATED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID.), WATER, NATURAL STARTER ((UNBLEACHED UNBROMATED FLOUR, WATER, ENZYMES)), WHOLE WHEAT FLOUR, BROWN SUGAR, SESAME SEED, SUNFLOWER SEEDS, FLAX SEED. CONTAINS 2% OR LESS OF THE FOLLOWING: ARTISAN GOURMET MIXED GRAINS ((FLAKED RYE AND WHEAT, SESAME, MILLET AND FLAX SEEDS)), YEAST, SEA SALT, TRANS-FAT-FREE OIL PRODUCT ((CANOLA AND/OR VEGETABLE OIL)), ASCORBIC ACID.
CONTAINS: WHEAT.

