

Nutrition Facts

Serving Size 1 Slice (55g/1.94oz)
 Servings Per Container 18

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	

Vitamin A 0% * Vitamin C 0%
 Calcium 0% * 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)), RYE FLOUR, WHOLE WHEAT FLOUR. CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, CARAWAY, SEA SALT, VITAL WHEAT GLUTEN.
CONTAINS: WHEAT.

