Nutrition Facts

Serving Size 1 Slice (38g)
Servings Per Container 14

Amount Per Serving:

Calories 100 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0**%
Sodium 260mg	**11**%
Total Carbohydrate 18g	**6**%
Dietary Fiber 1g	**5**%
Sugars 2g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%
Thiamin 6%	•	Riboflavin 4%
Niacin 6%	•	Folic Acid 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
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

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT BRAN, CRACKED WHEAT, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, HONEY, SOYBEAN OIL, SALT, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, CALCIUM SULFATE), DOUGH CONDITIONERS (MONO & DIGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES, SODIUM STEAROYL LACTLYATE), SUGAR, CALCIUM PROPIONATE (A PRESERVATIVE).

CONTAINS: WHEAT.

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