

# Nutrition Facts

Serving Size 1 Slice (42g)

Servings Per Container 16

## Amount Per Serving

**Calories** 120      **Calories from Fat** 25

**% Daily Value\***

**Total Fat** 3g      **5%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 19g      **6%**

**Dietary Fiber** 5g      **20%**

**Sugars** 2g

**Protein** 5g

**Vitamin A** 0%      •      **Vitamin C** 0%

**Calcium** 2%      •      **Iron** 8%

**Thiamin** 8%      •      **Riboflavin** 4%

**Niacin** 8%      •      **Folic Acid** 4%

\* 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:** WHOLE WHEAT FLOUR, WATER, TOASTED SESAME SEEDS, TOASTED FLAX SEEDS, TOASTED SALTED SUNFLOWER SEEDS, WHEAT BRAN, HONEY WHEAT GLUTEN, OATS, OAT FIBER, DEGERMED YELLOW CORN MEAL, BROWN SUGAR, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: CRACKED WHEAT, MILLET, SOYBEAN OIL, SALT, SOY LECITHIN, VINEGAR, MOLASSES. **CONTAINS: WHEAT, SOY.**

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