Nutrition Facts

Serving Size 1 Slice (48g)
Servings Per Container 14

Amount Per Serving:

Calories 130 Calories from Fat 15

	% Daily Value*
Total Fat 2g	**3**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0**%
Sodium 320mg	**13**%
Total Carbohydrate 23g	**8**%
Dietary Fiber 1g	**6**%
Sugars 3g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 8%
Thiamin 6%	•	Riboflavin 6%
Niacin 8%	•	Folic Acid 10%

*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, YEAST, HIGH FRUCTOSE CORN SYRUP, SUNFLOWER SEEDS, HONEY, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, ROLLED WHEAT, WHOLE WHEAT FLOUR, SALT, WHEAT GLUTEN, SESAME SEEDS, FLAKED BARLEY, SUGAR, MOLASSES, CORN GRITS, OATMEAL, RYE MEAL, ROLLED TRITICALE, WHEAT BRAN, BROWN RICE, BUCKWHEAT FLOUR, FLAX, OATS, MILLET, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES), YEAST NUTRIENT (MONOCALCIUM PHOSPHATE).

CONTAINS: WHEAT.

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