

# Nutrition Facts

Serving Size 1 Slice (48g)

Servings Per Container 14

## Amount Per Serving:

**Calories** 130    Calories from Fat 20

**% Daily Value\***

**Total Fat** 2g    **4%**

Saturated Fat 0g    **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

**Cholesterol** 0mg    **0%**

**Sodium** 320mg    **14%**

**Total Carbohydrate** 23g    **8%**

Dietary Fiber 1g    **6%**

Sugars 3g

**Protein** 4g

Vitamin A 0%    •    Vitamin C 0%

Calcium 4%    •    Iron 8%

Thiamin 6%    •    Riboflavin 6%

Niacin 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:** STONE GROUND WHOLE WHEAT FLOUR, WATER, MOLASSES, WHEAT GLUTEN, PARTIALLY HYDROGENATED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT BRAN, SALT, YEAST, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, ETHOXYLATED MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE), SUGAR, CALCIUM PROPIONATE (A PRESERVATIVE), CORN STARCH.

**CONTAINS: WHEAT.**

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