

Nutrition Facts

Serving Size 1 Slice (43g)

Servings Per Container 16

Amount Per Serving

Calories 100 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 21g **7%**

Dietary Fiber 6g **24%**

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

Thiamin 8% • Riboflavin 4%

Niacin 6% • Folic Acid 2%

* 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, SUNFLOWER SEEDS, ROLLED WHEAT, OAT FIBER, WHEAT GLUTEN, HONEY SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, MOLASSES, YEAST, SALT, STEEL CUT OATS, DEGERMED YELLOW CORN MEAL, CRACKED WHEAT, SESAME SEEDS, ROLLED RYE, ROLLED OATS, ROLLED BARLEY, CORN MILLET, ROLLED TRITICALE, RICE FLOUR, FLAXMEAL, BUCKWHEAT, SOY LECITHIN, VINEGAR
CONTAINS: WHEAT, SOY.

Gold Medal Bakery, Fall River, MA 02724
CT. LC. 3643