

# 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** .5g

**Monounsaturated Fat** 1g

**Cholesterol** 0mg      **0%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 18g      **6%**

**Dietary Fiber** Less than 1g      **4%**

**Sugars** 2g

**Protein** 3g

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

**Calcium** 2%      •      **Iron** 6%

**Thiamin** 10%      •      **Riboflavin** 6%

**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
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

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF THE FOLLOWING: SOY-BEAN OIL, YEAST, SALT, WHEAT GLUTEN, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, CALCIUM PEROXIDE), SUGAR, YEAST NUTRIENTS (MONO-CALCIUM PHOSPHATE, AMMONIUM SULFATE, CALCIUM SULFATE), VINEGAR, CALCIUM PROPIONATE (A PRESERVATIVE). **CONTAINS: WHEAT.**

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