

Nutrition Facts

Serving Size 1 Slice (27g)
Servings Per Container Approx. 23

Calories 75
Calories from Fat 8

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.1g	2%	Total Carbohydrate 16g	5%
Saturated Fat 0g	0%	Dietary Fiber less than 1g	3%
Trans Fat 0g		Sugars 1g	
Cholesterol 0mg		Protein 3g	
Sodium 146mg	6%		
Vitamin A 0% • Vitamin C 2% • Calcium 3% • Iron 5%			

*Percent Daily Values (DV) 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHEAT FLOUR [ENRICHED WITH BARLEY MALT, IRON AND THE FOLLOWING B VITAMINS: NIACIN, THIAMIN (B1), RIBOFLAVIN (B2), FOLIC ACID (B9)], WATER, CORN SYRUP, FRESH YEAST, SOYBEAN OIL, SALT, SOY FIBER, DOUGH CONDITIONERS: VEGETABLE MONO AND DIGLYCERIDES, CALCIUM PROPIONATE, ENZYMES. **CONTAINS WHEAT AND SOY.**

METROPOLITAN BAKING CO., 8579 LUMPKIN, DETROIT, MICHIGAN 48212 TEL: 313-875-7246