

Nutrition Facts

Serving Size 1 Slice
(31g/1.1oz)
Servings Per Container 26

Calories 61
Calories from Fat 4

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat .4g	1%	Sodium 140mg	6%
Saturated Fat 0g	0%	Total Carbohydrate 13g	4%
Trans Fat 0g	0%	Dietary Fiber Less than 1g	2%
Polyunsaturated Fat 0g		Sugars 2g	
Monounsaturated Fat 0g		Protein 3g	
Cholesterol 0mg	0%		
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 4%			
Thiamin 9% • Riboflavin 4% • Niacin 5% • Folate 7%			

*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 (FERROUS SULFATE) AND THE FOLLOWING B VITAMINS: NIACIN, VITAMIN B (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID], WATER, CORN SYRUP, FRESH YEAST SOYBEAN OIL, SALT, VINEGAR, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE.

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