

# Nutrition Facts

Serving Size 1 Slice (40g)  
Servings Per Container 18

**Calories** 100  
Calories from Fat 6

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> .5g	<b>1%</b>	<b>Sodium</b> 200mg	<b>9%</b>
Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 19g	<b>7%</b>
Trans Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>8%</b>
Polyunsaturated Fat 0g		Sugars 2g	
Monounsaturated Fat 0g		<b>Protein</b> 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>		

Vitamin A 0% • Vitamin C 0% • Calcium 5% • Iron 5%  
Thiamin 12% • Riboflavin 7% • Niacin 9% • Folate 8%

\*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 B VITAMINS: NIACIN, THIAMIN (B1), RIBOFLAVIN (B2), FOLIC ACID], WATER, WHOLE WHEAT, CORN SYRUP, WHEAT BRAN, WHEAT GLUTEN, FRESH YEAST, MOLASSES, SOYBEAN OIL, SALT, VINEGAR, CARAMEL, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE.

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