

# 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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