

Nutrition Facts

Serving Size 1 Slice
(40g/1.4oz)

Servings Per Container 18

Calories 98

Calories from Fat 7

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 0.7g	1%	Sodium 224mg	9%
Saturated Fat 0g	0%	Total Carbohydrate 21g	7%
Trans Fat 0g		Dietary Fiber 2g	8%
Polyunsaturated Fat 0g		Sugars Less than 1g	
Monounsaturated Fat 0g		Protein 4g	
Cholesterol 0mg	0%		

Vitamin A 0% • Vitamin C 0% • Calcium 3% • Iron 6%
Thiamin 11% • Riboflavin 6% • Niacin 8% • Folate 11%

*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, THIAMIN (B₁), RIBOFLAVIN (B₂), FOLIC ACID], WATER, RYE FLOUR, WHEAT GLUTEN, FRESH YEAST, GROUND CARAWAY, SOYBEAN OIL, SALT, CORN SYRUP, RYE SOUR, VINEGAR, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE.

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