

Nutrition Facts

Serving Size 2 Slices

(1.5 oz / 42g)

Servings Per Container: 10

Calories 103

Calories from Fat 5

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.5g	1%	Sodium 220mg	9%
Saturated Fat 0g	0%	Total Carbohydrate 22g	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 9% • Folic Acid 12%			

*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, WHEAT GLUTEN, FRESH YEAST, SOYBEAN OIL, SALT, SOY FIBER, CORN SYRUP, SESAME SEEDS, VEGETABLE MONO & DIGLYCERIDES, CALCIUM PROPIONATE.

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