

Nutrition Facts

Serving Size

1 Slice (45g/1.6oz)

Servings Per Container 15

Calories 151

Calories from Fat 19

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat .7g	1%	Sodium 203mg	8%
Saturated Fat 0g	0%	Total Carbohydrate 25g	8%
Trans Fat 0g		Dietary Fiber Less than 1g	5%
Polyunsaturated Fat 0g		Sugars 8g	
Monounsaturated Fat 0g		Protein 6g	
Cholesterol 0mg	0%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 7%			
Thiamin 14% • Riboflavin 7% • Niacin 9% • Folate 14%			

*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, RAISINS, CORN SYRUP, FRESH YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, CINNAMON, DOUGH CONDITIONERS (VEGETABLE MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE.

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