

# Nutrition Facts

Serving Size: 1 Breadstick  
1.7oz (48g)

Servings Per Container: 8

**Calories:** 136

Calories from Fat: 0

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 5.6g	<b>5%</b>	<b>Sodium</b> 280mg	<b>11%</b>
Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 28g	<b>9%</b>
<i>Trans</i> Fat 0g		Dietary Fiber 1.15g	<b>5%</b>
Polyunsaturated Fat 0g		Sugars 4.5g	
Monounsaturated Fat 0g		<b>Protein</b> 6g	<b>12%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>		
Vitamin A 0% • Vitamin C 0% • Calcium 5% • Iron 9%			
Thiamin 17% • Riboflavin 11% • Niacin 11% • Folate 17%			

\*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 10 • Carbohydrate 5 • Protein 5

**INGREDIENTS:** WHEAT FLOUR [ENRICHED WITH BARLEY MALT, IRON (FERROUS SULFATE) AND THE FOLLOWING B VITAMINS: NIACIN, THIAMIN (B1), RIBOFLAVIN (B2), FOLIC ACID], WATER, YEAST, WHEAT GLUTEN, SALT, VEGETABLE OIL, DOUGH CONDITIONERS (ETHOXYLATED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE

8579 LUMPKIN, HAMTRAMCK, MICHIGAN 48212 • (313) 875-7246 • FAX (313) 875-7792 • [www.metropolitanbaking.com](http://www.metropolitanbaking.com)