

Nutrition Facts

Serving Size 1 Flatbread (79g)

Servings Per Container 10

Amount Per Serving

Calories 230

Calories from Fat 40.5

% Daily Value*

Total Fat 4.5g 6.92%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 15.42%

Total Carbohydrate 40g 13.33%

Dietary Fiber 1g 4%

Sugars 3g

Protein 8g 16%

Vitamin A 0%

Vitamin C 0%

Calcium 8%

Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

▲ Ingredients

Unbleached Unbromated Enriched Wheat Flour [Niacin (B-complex vitamin), Reduced Iron, Thiamin (B1 vitamin), Riboflavin (B2 vitamin), Folic Acid], and Water. Contains 2% or less of each of the following ingredients: Calcium Propionate (a preservative), Corn Syrup Solids, Enzymes, Fumaric Acid, Guar Gum, Salt, Sesame Flour, Sodium Bicarbonate, Sorbic Acid (a preservative), Soybean Oil, Soy Flour, Sugar, Sunflower Oil, Vegetable Monoglycerides, Whole Wheat Flour and Yeast.