

Nutrition Facts

Serving Size 1 Flatbread (68g)

Servings Per Container 10

Amount Per Serving

Calories 200

Calories from Fat 36

% Daily Value*

Total Fat 4g 6.15%

Saturated Fat 0.5g 2.5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 13.33%

Total Carbohydrate 35g 11.67%

Dietary Fiber 1g 4%

Sugars 2g

Protein 7g 14%

Vitamin A 0%

Vitamin C 0%

Calcium 6%

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.