

# Nutrition Facts

Serving Size 1/2 Flatbread (62 g)

Servings Per Container 10

Amount Per Serving

Calories 173

Calories from Fat 27

% Daily Value\*

Total Fat 3g 4.62%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 12.92%

Total Carbohydrate 31g 10.33%

Dietary Fiber 2g 8%

Sugars 1g

Protein 6g 12%

Vitamin A 0%

Vitamin C 0%

Calcium 74%

Iron 2.4%

\*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 (Preservative), Dextrose, Enzymes, Fumaric Acid, Guar Gum, Lactic Acid, Natural Flavors, Olive Oil, Salt, Sesame Flour, Sodium Bicarbonate, Sorbic Acid (Preservative), Soybean Oil, Soy Flour, Soy Protein Concentrate, Sugar, Sunflower Oil, Vegetable Monoglycerides, Whole Wheat Flour and Yeast.