

Nutrition Facts

Serving Size 1/2 Loaf 2.2 oz. (62g)

Servings Per Container 16

Amount Per Serving

Calories 180

Calories from Fat 31.5

% Daily Value*

Total Fat 3.5g 5.38%

Saturated Fat 0.5g 2.5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 11.25%

Total Carbohydrate 31g 10.33%

Dietary Fiber 1g 4%

Sugars 2g

Protein 7g 14%

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

*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: Canola Oil, Cultured Wheat Flour, Dextrose, Enzymes, Fumaric Acid, Guar Gum, Lactic Acid, Natural Garlic with Other Natural Flavors, Olive Oil, Salt, Sesame Flour, Sodium Bicarbonate, Soybean Oil, Soy Flour, Soy Protein Concentrate, Sugar, Sunflower Oil, Vegetable Monoglycerides, Vitamin E, Whole Wheat Flour, and Yeast.