

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

## Nutrition Facts (Prepared)

Serving Size 56 g

Servings Per Container 2

Amount Per Serving

Calories 110 Calories from fat 0

% Daily Value\*

Saturated Fat 0 g 0.00%

Trans Fat 0 g

Cholesterol 0 mg 0.00%

Sodium 250 mg 10%

Total Carbohydrate 23 g 7.67%

Sugar 1 g

Protein 4 g 8.00%

Vitamin A 2%

Vitamin C 0.00%

Calcium 0 mg 0.00%

Iron 8%

(-) Information is currently not available for this nutrient.

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

\*\* Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

## Ingredients:

Unbleached, Unbromated Wheat Flour (Malted Barley Flour, Niacin, Iron (reduced), Thiamine Mononitrate, Riboflavin and Folic Acid), Filtered Water, Levain, Contains 2% or less of: Salt, Yeast, Deactivated Yeast, Malt.