

# NUTRITIONAL FACTS

## Nutrition Facts

8 servings per container

**Serving size 1 Piece (40g)**

**Amount Per Serving**

**Calories 100**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber <1g **3%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1.1mg **6%**

Potassium 30mg **0%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, SOY OIL, SODIUM STEAROYL LACTYLATE (SSL), 2% OR LESS OF: ASCORBIC ACID, ENZYMES, SOY FLOUR., VEGETABLE OIL, ROSEMARY, YEAST, GARLIC POWDER

CONTAINS: MILK, WHEAT, SOY

BREAD & BREAD CORP  
7245 NW 19TH ST SUITE "A"  
MIAMI FL 33126

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8 servings per container

**Serving size 1 Piece (40g)**

**Amount Per Serving**

**Calories 110**

**% Daily Value\***

**Total Fat 2g 3%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol 0mg 0%**

**Sodium 210mg 9%**

**Total Carbohydrate 19g 7%**

Dietary Fiber <1g **2%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein 3g**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 30mg 0%

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INGREDIENTS: ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, SOY OIL, SODIUM STEAROYL LACTYLATE (SSL), 2% OR LESS OF: ASCORBIC ACID, ENZYMES, SOY FLOUR., PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), VEGETABLE OIL, YEAST

CONTAINS: MILK, WHEAT, SOY

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**Calories 100**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.5mg 8%

Potassium 40mg 0%

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INGREDIENTS: ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, SOY OIL, SODIUM STEAROYL LACTYLATE (SSL), 2% OR LESS OF: ASCORBIC ACID, ENZYMES, SOY FLOUR., VEGETABLE OIL, ROSEMARY, YEAST, THYME, PARSLEY

CONTAINS: MILK, WHEAT, SOY

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