

# NUTRITIONAL FACTS

## Nutrition Facts

12 servings per container

**Serving size**  
1 Slice (55g)

**Calories** **100**  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
Vitamin D 0mcg	0%
Potassium 30mg	0%
Calcium 10mg	

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 3g	<b>6%</b>
Iron 0.7mg	4%

Brown Sugar, Yeast, Soybean Oil, Barley Flour, Soy Lecithin, Nonfat

\*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.

### APPLE SWIRL INGREDIENT LIST:

Enriched Wheat Flour, Water, Sugar, Apple, Light Brown Sugar, Yeast, Soybean Oil, Contains 2% Or Less Of: Cinnamon, Salt, Malted Barley Flour, Soy Lecithin, Nonfat Milk, Calcium Propionate to Extend Freshness.  
CONTAINS: WHEAT, MILK, SOY

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Amount/serving	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
Vitamin D 0mcg	0%
Potassium 0mg	0%
Calcium 19mg	

Yogurt, Yeast, Soybean Oil, Flour, Soy Lecithin, Nonfat

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 3g	<b>6%</b>
Iron 0mg	0%

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### CINNAMON RAISIN SWIRL INGREDIENT LIST:

Enriched Wheat Flour, Water, Raisins, Sugar, Light Brown Sugar, Yeast, Soybean Oil, Contains 2% Or Less Of: Cinnamon, Salt, Malted Barley Flour, Soy Lecithin, Nonfat Milk, Calcium Propionate to Extend Freshness.  
CONTAINS: WHEAT, MILK, SOY

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12 servings per container

Serving size  
1 Slice (55g)

Calories per serving **100**

Amount/serving	% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>	
Saturated Fat 0g	<b>0%</b>	
<i>Trans</i> Fat 0g		
Polyunsaturated Fat 1g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 135mg	<b>6%</b>	
Vitamin D 0mcg	0%	• Calcium 10mg
Potassium 30mg	0%	

Wheat Sugar, Yeast, Soybean Oil, Barley Flour, Soy Lecithin, Nonfat

Amount/serving	% Daily Value*	
<b>Total Carbohydrate</b> 20g	<b>7%</b>	
Dietary Fiber 1g	<b>4%</b>	
Total Sugars 7g		
Includes 7g Added Sugars	<b>14%</b>	
<b>Protein</b> 3g	<b>6%</b>	

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0% • Iron 0.7mg 4%

### CINNAMON INGREDIENT LIST:

Enriched Wheat Flour, Water, Sugar, Light Brown Sugar, Yeast, Soybean Oil, Contains 2% Or Less Of: Cinnamon, Salt, Malted Barley Flour, Soy Lecithin, Nonfat Milk, Calcium Propionate to Extend Freshness.  
CONTAINS: WHEAT, MILK, SOY