

NUTRITIONAL FACTS

Nutrition Facts

12 servings per container

Serving size 1 Slice (53g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 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: SPELT FLOUR, WHOLE SPELT FLOUR, SUNFLOWER SEEDS, WHEAT GLUTEN, LUPIN GROATS, SESAME SEEDS, SPELT FLAKES, HONEY POWDER (BLOSSOM HONEY, MALTODEXTRIN (WHEAT), THICKENER E 401, ANTI-CAKING AGENT E 551), WATER, BARLEY MALT FLOUR, DRY YEAST, SALT

CONTAINS: WHEAT