

Nutrition Label

Whole Grain White Whole Wheat French - 4126

1:26pm 08/22/2016

| Nutrition Facts | | * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
|-------------------------------|-----------------------------|---|---------|
| Serving Size 2 oz (57g) | | Calories 2,000 2,500 | |
| Servings Per Container 5 | | | |
| Amount Per Serving | | | |
| Calories 150 | Calories from Fat 10 | | |
| % Daily Value* | | | |
| Total Fat 1g | 2% | Total Fat Less than 65g | 80g |
| Saturated Fat 0g | 0% | Sat Fat Less than 20g | 25g |
| Trans Fat 0g | | Cholesterol Less than 300mg | 300mg |
| Cholesterol 0mg | 0% | Sodium Less than 2,400mg | 2,400mg |
| Sodium 330mg | 14% | Total Carbohydrate 300g | 375g |
| Total Carbohydrate 28g | 9% | Dietary Fiber 25g | 30g |
| Dietary Fiber 3g | 11% | Calories per gram: | |
| Sugars 2g | | Fat 9 • Carbohydrate 4 • Protein 4 | |
| Protein 6g | | | |
| Vitamin A 0% | • Vitamin C 6% | | |
| Calcium 2% | • Iron 10% | | |

INGREDIENTS: Water, White Whole Wheat Flour, [Wheat Flour Enriched (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid) Malted Barley], Coarse Whole Wheat Flour, Sugar, Wheat Gluten, Salt, Yeast, Dough Improver [(Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Diacetyl Tartaric Acid Esters of Mono and Diglycerides (DATEM), Salt, Calcium Sulfate, Soybean Oil, Potassium Bromate & 2% or Less of Each of the Following: Ascorbic Acid (Vitamin C), L-Cysteine Hydrochloride, Enzymes (Contains Wheat)), Emulsifier (Water, Monoglycerides and 2% or Less of Each of the Following: Preservatives (Propionic Acid, Phosphoric Acid), Dough Improver [(Wheat Flour and 2% or Less of Each of the Following: Enzymes (Contains Wheat), Ascorbic Acid (Vitamin C)], Soybean Oil, Commeal (Processing Aid), Mineral Oil (Processing Aid), Calcium Sulfate, Potassium Bromate, L-Cysteine, (May Contain Trace Amounts of Poppy &/or Sesame Seeds)

CONTAINS: WHEAT