

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%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 330mg	14%		
Total Carbohydrate 28g	9%		
Dietary Fiber 3g	11%		
Sugars 2g			
Protein 6g			
Vitamin A 0%	• Vitamin C 6%		
Calcium 2%	• Iron 10%		

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	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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