



PER 1 SLICE

60	0g	140mg	2
SALMONS	SAT FAT	SODIUM	TOTAL
PER 100g	PER 100g	PER 100g	PER 100g
			STARCHES

**100% Whole Wheat**  
Our Promise: Never any artificial preservatives, colors or flavors and NO high fructose corn syrup.

**13g**  
Whole Grain  
per slice  
Heart Healthy

74101-061721

# Nutrition Facts

22 servings per container

Serving size 1 Slice (26g/0.9oz)

Amount per serving

**Calories 60**

% Daily Value\*

**Total Fat 1g 1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol 0mg 0%**

**Sodium 140mg 6%**

**Total Carbohydrate 11g 4%**

Dietary Fiber 2g **3%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein 3g**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.6mg 4%

Potassium 60mg 0%

Thiamin 0.14mg 10%

Riboflavin 0.04mg 2%

Niacin 0.8mg 6%

Folate 5mcg DFE 0%

(0mcg folic acid)

\*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:** WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, MONOGLYCERIDES, ENZYMES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, SOY LECTHIN. TOPPED WITH WHEAT BRAN.

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