

Father Sam's Bakery
88800

Breakfast Whole Wheat Pocket Breads
(net weight 30 oz (850g))
Version 1.1

Nutrition Facts	
10 servings per container	
Serving Size	1 pita (80g)
Calories	190
% Daily Value*	
Total Fat: 1g	1%
Saturated Fat: 0g	1%
Trans Fat: 0g	
Polyunsaturated Fat: 0.5g	
Monounsaturated Fat: 0g	
Cholesterol: 0mg	0%
Sodium: 420mg	18%
Total Carbohydrate: 42g	15%
Dietary Fiber: 3g	12%
Total Sugars: 5g	
Incl. Added Sugars: 4g	7%
Protein: 7g	
Vitamin D: 0.15mcg	0%
Calcium: 124mg	10%
Iron: 2.2mg	10%
Potassium: 139mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet. 2000 calories a day is used for general Nutrition advice	

Ingredeints: Whole Wheat Flour,Wheat Flour, Enriched, (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Water, Sugar, Salt, Yeast, Calcium Propionate, Monoglycerides, Guar Gum, Corn Syrup Solids, Contains 2% or less of each of the Following: Soybean Oil, Ascorbic Acid, Enzymes.

Contains: Wheat

Contains: Bioengineered Ingredients