



Cracked Wheat with Whole Grain Bread



UPC: 071314102216

Net Weight: 22oz (1lbs 6oz)
624g

Specifications

Count:
20 / 22 oz.

Dimensions:
11" L x 4.75" W x 4.5" H

Availability:
Monday, Tuesday, Friday,
Saturday

Baked with whole grain bread and cracked wheat, this bread is the healthy alternative to white bread. It's hearty and healthy and full of soft, wholesome goodness.



No high
fructose corn
syrup



Zero grams of
trans fats

Ingredients

ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, WHOLE GRAIN WHEAT FLOUR, CRUSHED WHEAT, YEAST, SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF SOYBEAN OIL, WHEAT BRAN, BUTTERMILK, SALT, MONOGLYCERIDES, CULTURED WHEAT FLOUR, VINEGAR, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, ASCORBIC ACID, WHEAT STARCH, CITRIC ACID, SESAME; MAY BE TOPPED WITH WHOLE GRAIN WHEAT FLOUR.

Contains wheat, milk, and sesame ingredients.

Nutrition Facts

20 Servings per container

Serving size

1 slice (31g)

Amount per serving

Calories

80

% of Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Soluble Fiber 0g	
Insoluble Fiber 1g	
Total Sugar 2g	
Includes 1g Added Sugars	

Protein 3g

Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.8mg	4%
Potassium 60mg	2%
Thiamine 0.12mg	10%
Riboflavin 0.07mg	6%
Niacin 1.1mg	6%
Folate (Folic Acid)	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



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