

# Nutrition Facts

Serving Size 1 slice 1oz (28g)

Serving Per Container 28

Amount Per Serving

Calories 70      Calories from Fat 5

% Daily Value\*

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 120mg      5%

Total Carbohydrate 14g      5%

Dietary Fiber 1g      4%

Sugars 1g

Protein 2g

Vitamin A 0%      •      Vitamin C 2%

Calcium 4%      •      Iron 4%

\*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	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: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, SOYBEAN OIL, SALT, EMULSIFIER (WATER, MONO AND DIGLYCERIDES, ETHOXYLATED MONO AND DIGLYCERIDES), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: (POLYSORBATE 80, PROPIONIC ACID, SODIUM PROPIONATE (A PRESERVATIVE), PHOSPHORIC ACID), CALCIUM PROPIONATE, CALCIUM STEAROYL LACTYLATE (CSL), SOFTENER (CALCIUM SULFATE, SALT), 2% OR LESS OF (ENZYMES), VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, ASCORBIC ACID, ENZYMES (WHEAT), AZODICARBONIMIDE (ADA), L-CYSTEINE HYDROCHLORIDE, CALCIUM PEROXIDE.

CONTAINS: WHEAT.

THIS PRODUCT WAS MADE IN A FACILITY THAT USES EGGS AND SOY.

THIS PRODUCT WAS MADE IN A PEANUT AND TREE NUT FREE FACILITY.

CT LIC # BAK 0018769      #1134

DIST. BY:  
ROCKLAND BAKERY  
NANUET, NY 10954  
©2005



THE INFORMATION LISTED ABOVE HAS BEEN COMPILED FROM PUBLICATIONS OF THE USDA AND DATA PROVIDED BY BAKING SUPPLIERS.