

Bread Flat Bread Whl Grain

[Printer Friendly](#)

SUPC: 2971259

Nutrition Information		
Serving Size: 1 FLATBREAD (62 grams)		
Amount Per Serving		
Calories: 170	Calories from Fat: 45	
		% Daily Value*
Total Fat:	5 GM	8%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	290 MG	12%
Potassium:	NA	NA
Total Carbohydrate:	26 GM	9%
Dietary Fiber:	3 GM	12%
Sugars:	2 GM	
Protein:	5 GM	
Vitamin A: 0%	●	Vitamin C: 0%
Calcium: 2%	●	Iron: 4%
Thiamin: 6%	●	Riboflavin: 4%
Niacin: 4%	●	
Folate: 8%	●	
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories per gram:		
Fat 9	●	Carbohydrate 4
	●	Protein 4

Calorie Percentages

	PRO - 12%
	CHO - 62%
	FAT - 27%

Ingredients:
 WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, SALT, WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM. CONTAINS: WHEAT, MILK MAY CONTAIN SOY AND SESAME

Allergens: Milk, Soy, Wheat

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure

complete and current information on a product, always contact the product manufacturer.

4. These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of the manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.