



Since 1926, the Toufayan family has been bringing to its customers the finest in baked goods. Our old world recipes using top quality, wholesome ingredients, naturally cholesterol free and trans fat free, were brought to the United States in the 1960's. Then, in the original pita tradition, we hearth-bake each bread to a perfect golden brown.

Toufayan Pitas are convenient and versatile. Just cut in half or at the top and fill with meats, salads or cheese. Great for tacos, sloppy joes and fajitas. Or cut into bite sizes for appetizers.

ANITA'S TUNA SALAD PITA

4 Toufayan Pitas	1 6.5 oz. can tuna, drained
1.6 oz. jar marinated artichoke hearts	1 clove garlic, chopped
1 onion, thinly sliced	1/2 small head lettuce, shredded
1/2 cup black olives, sliced	Salt, pepper and lemon juice to taste

Combine all ingredients. Slice pitas in half and fill. Makes 8 sandwiches.

Nutrition Facts		<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Serving Size 1 Loaf (56g)</small>		<small>Calories: 2,000 2,500</small>	
<small>Servings per Container 6</small>			
<small>Amount Per Serving</small>			
Calories 150		Calories from Fat 5	
<small>% Daily Value*</small>			
Total Fat 0.5g	1%	Total Fat	Less than 65g 80g
Saturated Fat 0g	0%	Sat Fat	Less than 20g 25g
Trans Fat 0g		Cholesterol	Less than 300mg 300mg
Cholesterol 0mg	0%	Sodium	Less than 2,400mg 2,400mg
Sodium 225mg	9%	Total Carbohydrate	300g 375g
Total Carbohydrate 30g	10%	Dietary Fiber	25g 30g
Dietary Fiber 3g	13%		
Sugars 2g			
Protein 6g			
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 6%		

To Extend freshness freeze. To enhance flavor, warm Toufayan Pita in oven/microwave before using.

For more information visit us at:
[HTTP://WWW.TOUFAYAN.COM](http://www.toufayan.com)

INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, YEAST, MALTED BARLEY FLOUR, SUGAR, SALT, CALCIUM PROPIONATE (ADDED TO RETARD SPOILAGE). PROCESSED ON EQUIPMENT THAT ALSO PROCESSES SOYBEAN

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