

Anthony & Sons Bakery, Inc.  
 Nutrition Label  
 Whole Wheat Star Medium Kaiser Code: # 57

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| <b>Nutrition Facts</b>   |            |
|--|------------|
| 1 serving per container  |            |
| <b>Serving size 1 kaiser 2.3 oz (65g)</b>  |            |
| <b>Amount per serving</b>  |            |
| <b>Calories</b>  | <b>140</b> |
| <b>% Daily Value *</b>   |            |
| Total Fat 1.5g   | 2%         |
| Saturated Fat 0g   | 0%         |
| <i>Trans</i> Fat 0g  |            |
| Cholesterol 0mg  | 0%         |
| Sodium 300mg   | 13%        |
| <b>Total Carbohydrate 29g</b>  | <b>10%</b> |
| Dietary Fiber 2g   | 9%         |
| Total Sugars 1g  |            |
| Includes 0g Added Sugars   | 0%         |
| <b>Protein 5g</b>  |            |
| Vitamin D 0mcg   | 0%         |
| Calcium 80mg   | 6%         |
| Iron 1.5mg   | 8%         |
| Potassium 90mg   | 2%         |
| <p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.</p> |            |
| <p>Calories per gram:<br/>           Fat 9 • Carbohydrate 4 • Protein 4</p>  |            |

**INGREDIENTS:** Water, Whole Wheat Flour, ~~Water~~, Unbromate Unbleached Enriched Wheat Flour(Niacin,Iron,Thiamine Mononitrate,Riboflavin,Folic Acid)., Salt, Dough Conditioner:(Soy Flour,Diacetyl Tartaric Acid Esters of Mono-andDiglycerides (DATEM),Monoglycerides,Soybean Oil,Calcium Sulfate,Ascorbic Acid,Potassium Bromate,L-Cysteine,Dextrin,Wheat Starch and Enzymes)., Shortening All Purpose Vegetable, Yeast, Sugar, Calcium Sulfate,Enzymes, Calcium Propionate(Preservative), Allergen: This Product has been Processed in a Facility where, Wheat,Soy product are present.