

WHOLE WHEAT PITA BREAD

INGREDIENTS: STONE GROUND WHEAT FLOUR, WATER, SALT, YEAST, MALTED BARLEY FLOUR, VINEGAR (ADDED TO RETARD SPOILAGE)

Nutritional Facts			
Serving Size 1 LOAF (56 g)			
Serving per Container: 6			
Amount Per Serving			
Calories 140 Calories from Fat 0			
% Daily Value*			
Total Fat 0 g	0%		
Saturated Fat 0 g	0%		
Cholesterol 0 mg	0%		
Sodium 130 mg	5%		
Total Carbohydrate 31g	10%		
Dietary Fiber 3g	12%		
Sugars 1g			
Protein 6g			
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 10%		
*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65 mg	80 mg
Sat Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

Morabito

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