

Honey Bran (Large)

Nutrition Facts

Serving Size: 2 slices
(100g)
Servings Per Container:
About 7

Calories 260
Calories from Fat 15

Amount/serving	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Vitamin A 0% • Vitamin C 6% • Calcium 0% • Iron 15%	

Amount/serving	% Daily Value*
Total Carbohydrate 50g	17%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 9g	

* Percent Daily Values are based on a 2,000 calorie diet. 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

INGREDIENTS: WATER, UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WHEAT BRAN, HONEY, SUNFLOWER OIL, WHEAT GERM, PURIFIED SEA SALT, INSTANT DRY YEAST

CONTAINS: WHEAT