

Spelt (Large)

Nutrition Facts

Serving Size: 2 slices (100g)
Servings Per Container: About 7
Calories 280
Calories from Fat 30

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	5%	Total Carbohydrate 53g	18%
Saturated Fat 0g	0%	Dietary Fiber 5g	20%
<i>Trans</i> Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	Protein 10g	
Sodium 450mg	19%		
Vitamin A 0% • Vitamin C 10% • Calcium 0% • Iron 20%			

* 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, WHOLE SPELT FLOUR, WHITE SPELT FLOUR, SUNFLOWER OIL, HONEY, PURIFIED SEA SALT, INSTANT DRY YEAST