

# White Whole Wheat (Large)

## Nutrition Facts

Serving Size: 2 slices  
(106g)  
Servings Per Container:  
About 7

**Calories** 310  
Calories from Fat 20

| Amount/serving                                      | % Daily Value* |
|---|----------------|
| <b>Total Fat</b> 2.5g                               | <b>4%</b>      |
| Saturated Fat 0g                                    | <b>0%</b>      |
| <i>Trans</i> Fat 0g                                 |                |
| <b>Cholesterol</b> 0mg                              | <b>0%</b>      |
| <b>Sodium</b> 270mg                                 | <b>11%</b>     |
| Vitamin A 0% • Vitamin C 8% • Calcium 2% • Iron 20% |                |

| Amount/serving                | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Carbohydrate</b> 61g | <b>20%</b>     |
| Dietary Fiber 5g              | <b>20%</b>     |
| Sugars 3g                     |                |
| <b>Protein</b> 10g            |                |

\* 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, WHITE WHOLE WHEAT FLOUR, UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HONEY, SUNFLOWER OIL, PURIFIED SEA SALT, INSTANT DRY YEAST

CONTAINS: WHEAT