

Father Sam's Bakery

Item # 01308

12" Multi Grain Wrap

Version 2.3

| Nutrition Facts                |     |
|--------------------------------|-----|
| 12 servings per container      |     |
| Serving Size 1 tortilla (100g) |     |
| Amount per serving             |     |
| Calories                       | 250 |
|                                |     |
| % Daily Value*                 |     |
| Total Fat 6g                   | 7%  |
| Saturated Fat 1g               | 5%  |
| Trans Fat 0g                   |     |
| Polyunsaturated Fat 2g         |     |
| Monounsaturated Fat 2.5g       |     |
| Cholesterol 0mg                | 0%  |
| Sodium 400mg                   | 17% |
| Total Carbohydrate 45g         | 17% |
| Dietary Fiber 1g               | 5%  |
| Total Sugars 1g                |     |
| Includes 0g Added Sugars       | 0%  |
| Protein 6g                     |     |
|                                |     |
| Vitamin D 0mcg                 | 0%  |
| Calcium 70mg                   | 6%  |
| Iron 3.1mg                     | 15% |
| Potassium 70mg                 | 0%  |
|                                |     |

\*The % Daily Value(DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Whole Wheat Flour, Wheat Flour, Water, Whole Grain Corn Flour, Rolled Oat Flakes, Hulled Barley Flakes, Chopped Rye , Wheat Flakes, Millet, Palm Oil, Salt, Mono- and Diglycerides, Sodium Bicarbonate, Preservatives (Calcium Propionate, Potassium Sorbate), Sodium Aluminum Phosphate, Sodium Aluminum Sulfate, Fumaric Acid, Corn Starch and 2% or Less of Each of the Following: Soybean Oil, Monocalcium Phosphate, Enzymes, Sodium Metabisulfite.

Contains: Wheat  
Contains: Bioengineered Ingredients