1 dz. Jumbo Wheat – 14 in.; 48 oz

Ingredients:

Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Shortening (Soybean Oil, Fully Hydrogenated Soybean Oil, Cottonseed Oil, Citric Acid), Salt, Mono- & Diglycerides, Sodium Bicarbonate, Calcium Propionate, Fumaric Acid, Sugar, Wheat Gluten, Sodium Aluminum Sulfate, Sodium Aluminum Phosphate, CMC Gum, Rice Flour, Yeast, Sorbic Acid, L-Cysteine.

Nutrition Facts

Serving Size 4.0oz (114g)
Servings Per Container 12

Amount Per Serving

Calories 320 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**28%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 5g	**20%**
Sugars 1g	
Protein 8g	

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 15%

*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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4