

## 1529 - White Whole Wheat Breadstick

### Nutrition Facts

Serving Size 1 Breadstick (43g)  
 Servings Per Container

Amount Per Serving

Calories 100    Calories from Fat 5

% Daily Value\*

Total Fat 0.5g                      1%

Saturated Fat 0g                    0%

Trans Fat 0g

Cholesterol 0mg                    0%

Sodium 190mg                    8%

Total Carbohydrate 21g        7%

Dietary Fiber 2g                    8%

Sugars 1g

Protein 3g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%     •     Iron 6%

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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WHOLE WHEAT FLOUR, UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYMES, FOLIC ACID), WATER, HONEY, YEAST, SALT, FAVA BEAN FLOUR, DEXTROSE, DOUGH CONDITIONERS (DATEM, MONO & DIGLYCERIDES, L-CYSTEINE, ASCORBIC ACID, ENZYMES), MALTED BARLEY FLOUR, RYE FLOUR.

CONTAINS: WHEAT