ROCKY MOUNTAIN BAKERY

Cracked Wheat/Sprouted Wheat

Nutrition Facts

Serving Size 1 slice (40g)
Servings Per Container 17

Amount Per Serving

Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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: WHEAT FLOUR {ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) AND WHOLE GRAIN}, WATER, CRACKED WHEAT, SUGAR, MAY CONTAIN 2% OR LESS OF: YEAST, WHEAT BRAN , SOYBEAN OIL, VINEGAR, HONEY, DIACETYL TARTARIC ACID ESTERS OF MONO- DIGLYCERIDES (DATEM), SALT, CALCIUM SULFATE, CALCIUM PROPIONATE, (PRESERVATIVES), ASCORBIC ACID, L. CYSTEIN, ENZYME AZODICARBONAMIDE, WHEAT GLUTEN, AND ENZYMES.

Contains: Wheat.
Manufactured in a Facility that Processes Milk, Egg, Soy, Peanuts, and Tree Nuts.

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