

# ALTERNATIVE PITA BREAD



## Nutrition and Ingredient Information

### PLAIN

Nutrition Facts		
Serving Size	2.0 oz (57g)	
Servings Per Container	6	
Amount per Serving		
Calories	110	
Calories from Fat	0	
		% Daily Value *
Total Fat	0.5 g	1 %
Saturated Fat	0.0 g	0 %
Trans Fats	0.0 g	
Cholesterol	0.0 mg	0 %
Sodium	410.0 mg	17 %
Total Carbohydrate	26.0 g	9 %
Dietary Fiber	8.0 g	31 %
Sugars	1.0 g	
Protein	7.0 g	
Vitamin A	2 %	
Vitamin C	0 %	
Calcium	10 %	
Iron	8 %	
*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 65 g	80 g
Saturated	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2400 mg	2400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Calories per gram:		
Fat	9	
Carbohydrate	4	
Protein	4	

INGREDIENT STATEMENT: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT GLUTEN, CORN STARCH, INULIN, OAT FIBER, may contain two percent or less of: YEAST, SALT, CALCIUM PROPIONATE and SORBIC ACID (preservatives), SUGAR, CALCIUM SULFATE, ENZYMES, DEXTROSE\*.

\*Adds a dietarily insignificant amount of sugar.

