

Multi-Grain Wrap (12")

Nutrition Facts

Serving Size 1 Each (113g)

Servings Per Container 1

Amount Per Serving

Calories 292 **Calories From Fat** 54

		% Daily Value*
Total Fat	6g	10%
Saturated Fat	1g	4%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	398mg	17%
Total Carbohydrate	50g	17%
Dietary Fiber	5g	21%
Sugars	2g	

Protein 9g

Vitamin A 0% ● Vitamin C 0%

Calcium 4% ● Iron 13%

*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	
Sat 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	

Ingredients: Multi-Grain Wrap (Enriched Malted Flour, Malted Barley Flour, Water, Whole Wheat Flour, Rolled Oats, Barley Flour, Sunflower Oil, Flax Seed, Corn Syrup, Rye Flour, Salt, Guar Gum, Leavenings, Calcium Propionate, Fumaric Acid, Potassium Sorbate, Wheat Gluten, Corn Starch, Mono & Diglycerides, Xanthan Gum, Locust Bean Gum).

Allergy Information: Wheat