

# 7" Multigrain Pizza Crust

## Nutrition Facts

Serving Size 1 Pizza Crust (114g)

Servings Per Container 1

Amount Per Serving

**Calories** 310 **Calories From Fat** 18

		% Daily Value*
<b>Total Fat</b>	2g	3%
Saturated Fat	<1g	2%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	<1g	0%
<b>Sodium</b>	700mg	29%
<b>Total Carbohydrate</b>	63g	21%
Dietary Fiber	3g	14%
Sugars	2g	

**Protein** 9g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● Iron 0%

\*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:** Multigrain Pizza Crust (Enriched Wheat Flour, Water, Multigrain Blend [Wheat Flakes, Rye Flakes, Sunflower Seeds, Wheat Bran, Flax Seeds, Corn Flakes, Oat Flakes, Millet], Canola Oil, Yeast, Sugar, Salt, Olive Oil, Calcium Propionate, L-Cysteine, Monoglycerides [Made on equipment that also processes milk, egg, and soy]).

**Allergy Information:** Wheat