

40-Calorie Honey Wheat 81710

Nutrition Facts

Serving Size 2 Slices (45 g/ 1.6 oz)
 Servings Per Container 10

Amount Per Serving		2 Slices	1 Slice
Calories		80	40
Calories from Fat		5	0
% DAILY VALUE **			
Total Fat	0.5 g	1 %	0 %
Saturated Fat	0 g	0 %	0 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	0 g		
Monounsaturated Fat	0 g		
Cholesterol	0 mg	0 %	0 %
Sodium	130 mg	5 %	3 %
Total Carbohydrate	19 g	6 %	3 %
Dietary Fiber	6 g	24 %	12 %
Sugars	2 g		
Protein	5 g		
Vitamin A		0 %	0 %
Vitamin C		0 %	0 %
Calcium		4 %	2 %
Iron		15 %	8 %
Thiamin		20 %	10 %
Riboflavin		10 %	6 %
Niacin		15 %	8 %
Folic Acid		25 %	15 %

** 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