



100% Whole Wheat Pita Pocket Bread

Nutrition Facts	
5 servings per container	
Serving size	1 Pita (68g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 7g	6%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 4mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: 100% WHOLE WHEAT FLOUR, WATER, SUGAR, SALT, YEAST, OAT FIBER, MONOGLYCERIDES, CALCIUM PROPIONATE (TO RETARD SPOILAGE), GUAR GUM, ENZYMES.

ALLERGEN: WHEAT.