

Anthony & Sons Bakery, Inc.
Nutrition Label
 Whole Wheat 5" Hero Code: # 307

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Nutrition Facts	
12 servings per container	
Serving size	1 hero 2.0 oz (57g)
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.3mg	8%
Potassium 70mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Water, Whole Wheat Flour, ~~Water~~ Unbromate Unbleached Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Dough Conditioner: (Soy Flour, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides (DATEM), Monoglycerides, Soybean Oil, Calcium Sulfate, Ascorbic Acid, Potassium Bromate, L-Cysteine, Dextrin, Wheat Starch and Enzymes), Shortening All Purpose Vegetable, Yeast, Sugar, Calcium Sulfate, Enzymes, Calcium Propionate (Preservative), Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.