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TOUFAYAN BAKERIES

Hearth Baked

Pita BREAD

WHOLE WHEAT

TOUFAYAN BAKERIES

Since 1926, the Toufayan family has been bringing to its customers the finest in baked goods. Our old world recipes using top quality, wholesome ingredients, naturally cholesterol free and trans fat free, were brought to the United States in the 1960's. Then, in the original pita tradition, we hearth-bake each bread to a perfect golden brown.

Toufayan Pitas are convenient and versatile. Just cut in half or at the top and fill with meats, salads or cheese. Great for tacos, sloppy Joes and fajitas. Or cut into bite sizes for appetizers.

AHITA'S TUNA SALAD PITA

4 Toufayan Pitas
1 6.5 oz. can tuna, drained
1 8 oz. jar marinated artichoke hearts
1 clove garlic, chopped
1 onion, thinly sliced
1/2 small head lettuce, shredded
1/2 can black olives, sliced
Salt, pepper and lemon juice to taste

Combine all ingredients. Slice pitas in half and fill. Makes 8 sandwiches.

Nutrition Facts

Serving Size 1 Loaf (66g)
Servings per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 6
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 225mg	9%
Total Carbohydrate 30g	10%
Dietary Fiber 9g	13%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

*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

To extend freshness freeze. To enhance flavor, warm Toufayan Pita in oven/microwave before using.

For more information visit us at HTTP://WWW.TOUFAYAN.COM

INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, YEAST, MALTED BARLEY FLOUR, SUGAR, SALT, CALCIUM PROPIONATE ADDED TO RETARD SPOILAGE. PROCESSED ON EQUIPMENT THAT ALSO PROCESSES SOYBEAN.

TOUFAYAN BAKERIES, INC.
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