



July 18, 2014
 Re: 92423-7 Multigrain

Nutrition Facts			
Serving Size	2oz	(57g) 1 flatbread	
Servings Per Container			
Calories	120	Calories from Fat	30
			% Daily Value*
Total Fat	3.5 g		6%
Saturated Fat	0.0 g		3%
<i>Trans Fat</i>	0 g		
Cholesterol	0 mg		0%
Sodium	270 mg		11%
Total Carb	21 g		7%
Dietary Fiber	9 g		34%
Sugars	1 g		
Sugar Alcohol less than 1g			
Protein	10 g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	8%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

WATER, WHOLE WHEAT FLOUR, OAT FIBER, WHEAT GLUTEN, GRAIN BLEND(CUT WHEAT, WHEAT BRAN, CUT RYE, CORN MEAL, BARLEY GRITS, BULGAR WHEAT, STEEL CUT OATS, OAT FLAKES, YELLOW CORN GRITS, BARLEY FLAKES, RYE CHOPS, HULLED MILLET, WHEAT FLAKES), FLAX SEED MEAL, SOYBEAN OIL, Contains less than 2% of each of the following: MALTITOL,SUGAR, LIQUID BROWN SUGAR, WHEAT PROTEIN ISOLATE, SODIUM ACID PYROPHOSPHATE, BAKING SODA, FUMARIC ACID, PRESERVATIVES (POTASSIUM SORBATE, SODIUM PROPIONATE), WHEAT FLOUR, YEAST, CELLULOSE GUM, GUAR GUM, XANTHAN GUM, SALT, CALCIUM PEROXIDE, ENZYMES.
 CONTAINS: WHEAT AND SOY.



92423-				
7	Multi-Grain	57g	17.1	1

Grain equivalents calculated using 16g=1 grain equivalent for baked goods

Should you have any further questions/complaints please feel free to contact me directly. You can reach me by email, Melissa@flatoutbread.com or by phone (734) 944-5445 ext. 313.

Sincerely,

Melissa Dobies
Quality Manager



1.855.FLATOUT

www.flatoutbread.com