

# 796549 Ciabatta Bread

<b>Nutrition Facts</b>	
Serving Size 1 slice (68g)	
Servings Per Container 10	
<b>Amount Per Serving</b>	
<b>Calories 160</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein 6g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RYE FLOUR, SALT, NATURAL SOURDOUGH, SOYBEAN OIL, CONTAINS 2% OR LESS OF: VITAL WHEAT GLUTEN, SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, MONO- AND DIGLYCERIDES), SOY LECITHIN, BEET FIBER, DATEM, ASCORBIC ACID, ENZYMES, L-CYSTEINE, POTASSIUM IODATE, AZODICARBONAMIDE, OLIVE OIL, YEAST, WHITE VINEGAR, CALCIUM PROPIONATE, DEXTROSE.