



HIGHLAND BAKING CO.
 Bread is our passion. Service is our specialty.

H-149 Brown & Serve Breadsticks

07/30/2014

Amount / Serving		% Daily Value*	Amount / Serving		% Daily Value*
Total Fat 2g		3%	Total Carbohydrate 23g		8%
Saturated Fat 1g		5%	Dietary Fiber 1g		4%
Trans Fat 0g			Sugars 1g		
Cholesterol 0mg		0%	Protein 4g		
Sodium 230mg		10%			
Vitamin A 0%		• Vitamin C 0%	Calcium 4%		• Iron 8%

Nutrition Facts
 Serving Size 1.80 oz. (51g)
 Servings Per Container
 Calories 130
 Calories from Fat 15

*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, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Yeast, Salt, Dough Extender (Wheat Flour, Monoglycerides, Guar Gum, Corn Syrup Solids, Contains 2% or Less of: Enzyme, Soybean Oil), Sugar, Calcium Propionate, Dough Conditioner (Wheat Flour, Diacetyl Tartaric Acid Esters of Mono-Diglycerides [DATEM], Contains 2% or Less of: Soybean Oil, L. Cysteine, Enzyme, Ascorbic Acid, Azodicarbonamide [ADA]).
CONTAINS: WHEAT.

Penny Carlson
 Quality Assurance Manager
 31 July 2014