

Nutrition Facts

Serving Size 1 Slice (50g)
Servings Per Container About 20

| Calories 120 | Calories From Fat 30.0 |
|---------------------------------|------------------------|
| % Daily Value* | |
| Total Fat 3.0g | 5.0 % |
| Saturated Fat 0.0g | 0.0 % |
| Trans Fat 0.0g | |
| Cholesterol 0.0mg | 0.0 % |
| Sodium 260.0mg | 11.0 % |
| Total Carbohydrate 22.0g | 7.0 % |
| Dietary Fiber 4.0g | 15.0 % |
| Sugars 5.0g | |
| Protein 4.0g | |

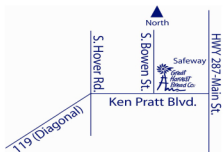
Ingredients: 100% Whole-grain, Stone-ground Whole wheat flour, Honey, Oat Bran, Water, Pecans, Flaxseed Meal, Flax, Fresh Yeast, Rolled Oats, & Salt.
CONTAINS TREE NUTS.

FLAX OAT PECAN



Allergy Info:

Manufactured on equipment shared with wheat, soy, dairy, eggs, and tree nuts.



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