

Flax Oatbran- Burnsville

Nutrition Facts			
Serving Size 1 slice (50g)			
Servings Per Container About 19			
Amount Per Serving			
Calories 120	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 0g	2%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 240mg	10%		
Total Carbohydrate 23g	8%		
Dietary Fiber 4g	16%		
Sugars 5g			
Protein 4g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 2%	• 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	300 mg
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: Freshly Milled Whole Grain Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Pecans, Yeast, Oats and Salt.

Produced in a facility that uses: Wheat, Eggs, Peanuts, Tree Nuts, Milk and Soy.