

## High 5 Fiber - Burnsville

### Nutrition Facts

Serving Size 1 Slice (50g)  
Servings Per Container About 21

Amount Per Serving

**Calories** 130      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3.5g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 5g      **20%**

Sugars 4g

**Protein** 5g

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	
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, Flax Seeds, Honey, Millet, Wheat Bran, Oat Bran, Yeast, Sunflower Seeds and Salt.

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