

CHEDDAR GARLIC

Nutrition Facts

Serving Size 1 slice 1/16 loaf
2oz (56g)
Servings Per Container About 16

Amount Per Serving

Calories 150 **Calories from Fat** 40

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **4%**

Sodium 370mg **15%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **3%**

Sugars 4g

Protein 6g

Vitamin A 2% • Vitamin C 2%

Calcium 10% • 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: Enriched White Flour (White Flour, Malted Barley, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese, Honey, Garlic, Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, and Parsley.

CONTAINS: WHEAT, MILK AND EGG

*Martin & Rebecca
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NET WT 32 OZ.