

# SWEET CAROLINA

## Nutrition Facts

Serving Size 1 slice 1/18 loaf

2oz (56g)

Servings Per Container About 18

### Amount Per Serving

**Calories 140**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 310mg**      **13%**

**Total Carbohydrate 29g**      **10%**

Dietary Fiber 1g      **4%**

Sugars 6g

**Protein 3g**

Vitamin A 8%      • 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: Enriched White Flour (White Flour, Malted Barley, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water, Invert Sugar, Yeast, Sweet Potato Flakes, Salt, Cinnamon, Nutmeg, and Cloves.

CONTAINS: WHEAT

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**NET WT 36 OZ.**