



CONTAINS: WHEAT

Servings per container: 8

| Nutrient            | Values | Unit | %DailyValue |
|---------------------|--------|------|-------------|
| Calories            | 100    | Kcal |             |
| Calories From Fat   | 10     | kcal |             |
| Total Fat           | 1.5    | g    | 2%          |
| Saturated Fat       | 0      | g    | 0%          |
| Trans Fat           | 0      | g    |             |
| Polyunsaturated Fat | 1      | g    |             |
| Monounsaturated Fat | 0      | g    |             |
| Cholesterol         | 0      | mg   | 0%          |
| Sodium              | 200    | mg   | 8%          |
| Potassium           | 60     | mg   | 2%          |
| Total Carbohydrate  | 21     | g    | 7%          |
| Dietary Fiber       | 3      | g    | 12%         |
| Sugars              | 3      | g    |             |
| Protein             | 4      | g    |             |
| Vitamin A           |        |      | 0%          |
| Vitamin C           |        |      | 0%          |
| Calcium             |        |      | 4%          |
| Iron                |        |      | 6%          |
| Vitamin D           |        |      | 0%          |
| Thiamin             |        |      | 10%         |
| Riboflavin          |        |      | 4%          |
| Niacin              |        |      | 8%          |
| Folate              |        |      | 6%          |

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Mary Jean Gude

|                               |  |
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| Mary Joan Brideweser          |  |
| Corp. Quality Control Manager |  |
| ALFRED NICKLES BAKERY, INC.   |  |