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BAGUETTES

ITALIAN		FRENCH	
Nutrition Facts		Nutrition Facts	
Serving Size 3" Slice (88g) Servings Per Container About 3		Serving Size 3" Slice (47g) Servings Per Container About 6	
Amount per Serving		Amount per Serving	
Calories 220 Calories from Fat 20		Calories 120 Calories from Fat 10	
% daily value*		% daily value*	
Total Fat 2g	3%	Total Fat 1g	2%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 450mg	19%	Sodium 240mg	10%
Total Carbohydrate 43g	14%	Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%	Dietary Fiber 1g	4%
Sugars 2g		Sugars 1g	
Protein 7g		Protein 4g	
Vitamin A 2% • Vitamin C 0%		Vitamin A 0% • Vitamin C 15%	
Calcium 6% • Iron 15%		Calcium 4% • Iron 8%	
Thiamin 25% • Riboflavin 15%		Thiamin 15% • Riboflavin 10%	
Niacin 15% • Folate 20%		Niacin 10% • Folate 10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		* 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		Calories: 2,000 2,500
Total Fat	Less than 65g 80g	Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g	Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg	Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg	Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g	Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g	Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

Enriched bleached wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of each of the following: yeast, salt, canola oil, yeast, sugar, wheat flour, calcium propionate [for freshness], dextrose, diacetyl tartaric acid esters of mono-diglycerides [DATEM], monocalcium phosphate, ammonium chloride, potassium bromate, ascorbic acid, soybean oil, hydrochloride, enzymes

Notes:

The information listed above has been compiled from publications of the USDA and from data provided by Corbion Caravan's suppliers.