

¾ CHALAH

Nutrition Facts

Serving Size 1 Slice 2.2oz (62g)
Servings Per Container 16

Amount Per Serving

Calories 160 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 30%

Calcium 8% • Iron 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:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
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: Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Sugar, Soybean Oil, Egg Blend (Wheat Flour, Egg Yolk, with added Whole Egg Solids, Soybean Oil, Cellulose Gum, Soy Lecithin, Salt, Sodium Bicarbonate, Annatto Oleoresin & Turmeric Oleoresin (for color), Enzymes), Yeast, Salt, Conditioner (Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Enzymes, Ascorbic Acid (Vitamin C), and 2% of Less of each of the Following: Malted Wheat Flour, Soybean Oil), Calcium Propionate, Ground Turmeric.

CINNAMON RAISIN

Nutrition Facts

Serving Size 1 slice (33g)
Servings Per Container About 19

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 18g **6%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 4%

*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	300mg
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 Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Raisins, Dough Improver (Salt, Vegetable Shortening (Soybean, Cottonseed, and/or Canola Oils), Dextrose, Sugar, Soy Flour, Mono and Diglycerides, Corn Starch, Contains 2% or Less of: (Ascorbic Acid, L-Cysteine Hydrochloride, Enzyme), Soybean Oil, Yeast, Wheat Gluten, Cinnamon, Calcium Propionate, Sodium Stearoyl Lactylate, Emulsifier (Ethoxylated Mono and Diglycerides, Contains 2% or Less of Each of the Following: (Polysorbate 60, Propionic Acid, Sodium Propionate (a Preservative), Phosphoric Acid)).

Notes:

The information listed has been compiled from publications of the USDA and data provided by suppliers.