



Medium White Pita Bread

(net weight 35 oz (992 g))

| Nutrition Facts | |
|--------------------------------------|----------------|
| Serving Size: 1/2 Pita (50g/1.8 oz.) | |
| Servings per Container: 20 | |
| Amount per serving: | |
| Calories: 120 | |
| Calories from Fat: 0 | |
| % Daily Value* | |
| Total Fat: 0g | 0% |
| Saturated Fat: 0g | 0% |
| Trans Fat: 0g | 0% |
| Cholesterol: 0mg | 0% |
| Sodium: 310mg | 13% |
| Total Carbohydrate: 27g | 9% |
| Dietary Fiber less than 1g | 3% |
| Sugars: 3g | |
| Protein: 4g | |
| Vitamin A: 0% | Vitamin C: 0% |
| Calcium: 8% | Iron: 8% |
| Thiamin: 15% | Riboflavin: 8% |
| Niacin: 8% | |

* Percent Daily Values are based in a 2,000 Calorie diet. Your values may be higher or lower depending on your caloric needs.

| | | Calories | 2,000 | 2,500 |
|---|-----------|----------|---------|-------|
| Total Fat | Less Than | 65g | 80g | |
| Sat 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, Carbohydrates 4, Protein 4 | | | | |

Ingredients: Enriched-Unbleached Flour, (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate [vitamin B1] Riboflavin [vitamin B2], Folic Acid), Water, Sugar, Salt Yeast, Calcium Propionate, Guar Gum, Monoglycerides, Sodium Acid Pyrophosphate, Wheat Starch, Sodium Bicarbonate, Sodium Stearoyl Lactylate, Enzyme, and Ascorbic Acid, Ferrous

Not a significant source of saturated fat and trans fat

Contains: Wheat Flour

bonate,
maric Acid