



Medium Wheat 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: 110	
Calories from Fat: 0	
% Daily Value*	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Trans Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 250mg	10%
Total Carbohydrate: 25g	8%
Dietary Fiber: 2g	8%
Sugars: 2g	
Protein: 4g	
Vitamin A: 0%	Vitamin C: 0%
Calcium: 6%	Iron: 6%
Thiamin: 15%	Riboflavin: 6%
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: Whole Wheat Flour, 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, Ascorbic Acid, Fumaric Acid

Not a significant source of saturated fat and trans fat

Contains: Wheat Flour

Contains 17 grams of Whole Grains per serving