



Sundried Tomato Medium Pockets

Net Weight 35 oz. / 1000 g

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Nutrition Facts

Serving Size: 1 Pita (50 g / 1.8 oz.)

Servings per Container: 10

Amount per serving:

Calories: 130

Calories from Fat: 10

% Daily Value*

Total Fat: .5g 1%

Saturated Fat: 0g 0%

Trans Fat: 0g

Cholesterol: 0mg 0%

Sodium: 225 mg 10%

Total Carbohydrate: 27g 9%

Dietary Fiber 1g 4%

Sugars: 3g

Protein: 4g

Vitamin A: 0% Vitamin C: 0%

Calcium: 10% Iron: 10%

* 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, Fumaric A
 Contains 2% or less of the following:
 Sun Dried Tomatoes, Paprika, Onions, Basil, Spices, Garlic, Calcium Propionate, Fumaric Acid (preservatives)

Not a significant source of saturated fat and trans fat

Contains: Wheat Flour

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