

Father Sams 2018

Item # 01308

12" Whole Wheat Multi Grain Wrap

Version 2.1

Nutrition Facts	
12 servings per container	
Serving Size 1 tortilla (100g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 43g	16%
Dietary Fiber 6g	22%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg 0%	
Calcium 111mg	8%
Iron 2.4mg	15%
Potassium 241mg	6%
Folate 24mcg	6%
(0.00 folic acid)	0%

*The % Daily Value(DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Whole Wheat Flour, Water, Sugar, Whole Grain Yellow Corn Flour, Oat Flakes, Hulled Barley Flakes, (Contains Wheat), Chopped Rye (Contains Wheat), Wheat Flakes, Molasses Powder (Molasses, Wheat Starch), Millet, Sesame Seeds, Malt Powder (Dried Corn Syrup, Barley Malt Extract), Palm Oil, Salt, Mono- and Diglycerides, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sodium Bicarbonate, Preservatives (Calcium Propionate, Potassium Sorbate), Sodium Aluminum Phosphate, Sodium Aluminum Sulfate, Corn Starch, Fumaric Acid, Calcium Sulfate and 2% or Less of Each of the Following: Soybean Oil, Monocalcium Phosphate, Enzymes, Sodium Metabisulfite.

Contains: Wheat Flour