

Anthony & Sons Bakery, Inc.  
Nutrition Label  
7 Grain Hero

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Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>4 1/2 oz (128g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>310</b>
Calories from Saturated Fat 10	
% Daily Value	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>6%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 640mg	<b>28%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 4g	<b>13%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.7mg	15%
Potassium 50mg	2%
Magnesium 20mg	6%

INGREDIENTS: Unbromated Unbleached Enriched ,Wheat, Flour(Niacin,Iron,Thiamine Mononitrate,Riboflavin,Folic Acid), Water, Whole Oat Groats, Flaxseed, Sunflower Seeds, Sugar, Wheat Bran, Rolled Oats, Millet, Sesame Seeds, Cracked Wheat, Dried Wheat Sour, Lactic Acid, Soybean oil, Salt, Yeast, Corn Flour, Malt Barley, Monocalcium Phosphate, L-Cysteine, Potassium Bromate, Caramel Color, Calcium Propionate(Preservative), Propionic Acid and Phoshoric Acid, Sodium Stearoyl Lactylate (Ssl), Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.  
CONTAINS: WHEAT