

Anthony & Sons Bakery, Inc.
Nutrition Label Report
3 Ft Sub Seeded

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Nutrition Facts	
24 servings per container	
Serving size	57 g (2 oz)
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Amount per serving	
Calories	140
Calories from Saturated Fat 0	
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	% Daily Value
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	14%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	5%
Total Sugars <1g	
Includes 0g Added Sugars	0%
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Protein 5g	
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Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.6mg	10%
Potassium 20mg	0%
Magnesium 10mg	2%

INGREDIENTS: Unbromated Unbleached Enriched Wheat, Flour(Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sesame Seeds, Salt, Shortening All Purpose Vegetable (Palm Oil), Corn Flour, Malt Barley, Monocalcium Phosphate, L-Cysteine, Potassium Bromate., Sugar, Yeast, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.

CONTAINS: WHEAT