

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

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<b>Nutrition Facts</b>	
32 servings per container	
<b>Serving size</b>	<b>2 oz (57g/2 oz)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
Calories from Saturated Fat 0	
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<b>% Daily Value</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Cholesterol 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
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Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>2%</b>
Iron 1.6mg	<b>8%</b>
Potassium 20mg	<b>0%</b>
Magnesium 10mg	<b>2%</b>

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