

45023000, ABSOLUTELY GLUTEN FREE, FLATBREAD, UPC: 073490180033
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Report Date: January 13, 2017 06:21 EST

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 grams from values per serving.

| Nutrient | Unit | 14.0 g 14g | 1 Value Per100 g |
|--------------------------------|------|---------------|------------------------|
| Proximates | | | |
| Energy | kcal | 60 | 429 |
| Protein | g | 0.30 | 2.14 |
| Total lipid (fat) | g | 2.00 | 14.29 |
| Carbohydrate, by difference | g | 11.00 | 78.57 |
| Fiber, total dietary | g | 0.3 | 2.1 |
| Sugars, total | g | 0.20 | 1.43 |
| Minerals | | | |
| Calcium, Ca | mg | 0 | 0 |
| Iron, Fe | mg | 0.00 | 0.00 |
| Sodium, Na | mg | 50 | 357 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Vitamin A, IU | IU | 0 | 0 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.40 | 2.86 |
| Fatty acids, total trans | g | 0.00 | 0.00 |
| Cholesterol | mg | 3 | 21 |

Amino Acids
Other
Ingredients

 TAPIOCA STARCH, WATER, POTATO STARCH, POTATO FLOUR, EXPPELLER PRESSED PALM OIL, NATURAL VINEGAR, HONEY, EGG YOLKS, SALT, GARLIC FLAKES, CARAWAY SEEDS, POPPY SEEDS, SESAME SEEDS. *Date Last Updated by Company: 06/04/2015*