

Product Nutrition Data

ProductID **13316** Prod Name **White Whole Wheat Dnr RI w/Cracked Wheat**

| | | | | | |
|--------------------|-------|---------------------|--------|------------|------|
| ServingSize | 38 g | Total Carbohydrate | 20 g | | |
| Servings/Container | 1 | Total Dietary Fiber | 2 g | | |
| Calories | 100 | Cholesterol | 0 mg | Calcium | 0 % |
| FatCalories | 10 | Sodium | 150 mg | Iron | 8 % |
| TotalFat | 1.5 g | Sugars | 2 g | Thiamin | 15 % |
| SatdFat | 0 g | Protein | 4 g | Niacin | 10 % |
| PolyUnSatd | 0 g | Vitamin A | 0 % | Riboflavin | 8 % |
| MonoUnSatd | 1 g | Vitamin C | 0 % | Trans Fat | 0 g |
| | | | | Net Carbs | |

IngredientList
Changed
 6/21/2012
 12:41:08 PM
 Changed By
 maria

Water, White Whole Wheat Flour, Unbleached Flour (Wheat, Malted Barley), Cracked Whole Wheat, Sugar, Safflower Oil, Yeast, Wheat Gluten, Contains less than 2% of each of the following: Salt, Vinegar, Enriched with (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Ascorbic Acid, Calcium Sulfate, Enzymes. Contains: Wheat

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