Original Soy

Nutrition Facts

Serving Size 2 Slices (74g)
Servings Per Container: 7

Amount Per Serving

Calories 180 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	**4**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0**%
Sodium 400mg	**17**%
Potassium 370mg	**11**%
Total Carbohydrate 30g	**10**%
Dietary Fiber 6g	**24**%
Sugars 4g	
Protein 12g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 15%
Riboflavin 15%	•	Niacin 30%
Vitamin B6 10%	•	Folate 8%
Vitamin B12 0%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, HEALTHYHEARTH BAKING BLEND (SOY FLOUR, SOY MILK POWDER), SUGAR, WHEAT GLUTEN, YEAST, SALT, SOY LECITHIN-PARTIALLY HYDROGENATED SOYBEAN OIL, ASCORBIC ACID, ENZYMES.

CONTAINS: WHEAT, SOYBEAN

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