Soy Multigrain

Nutrition Facts

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

Amount Per Serving

Calories 190 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	**4**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	**0**%
Sodium 380mg	**16**%
Potassium 380mg	**11**%
Total Carbohydrate 34g	**11**%
Dietary Fiber 7g	**26**%
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), MULTIGRAIN BLEND (CRACKED WHEAT, FLAX SEED OATMEAL, BARLEY FLAKES, YELLOW CORN MEAL, MILLET, TRITICALE, RYE FLAKES), SUGAR, WHEAT GLUTEN, YEAST, SALT, SOY LECITHIN, PARTIALLY HYDROGENATED SOYBEAN OIL, ASCORBIC ACID, ENZYMES.

CONTAINS: WHEAT, SOYBEAN

DISTRIBUTED BY:
BAVOY, INC. 837 GREEN CREST DRIVE,
WESTERVILLE, OHIO 43081