Metropolitan Baking Co.

Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, High Fructose Corn Syrup, Soybean Oil, Yeast, and 2% or less of each of the following: Salt, Vital Wheat Gluten, Soy Fiber, Ethoxylated Mono and Diglycerides, Antioxydants (Tocopherols, Citric Acid), Calcium Propionate, Preservatives (Propionic Acid, Phosphoric Acid), Yellow Corn Flour, Spices (Turmeric, Paprika), Natural Flavor, Sodium Stearoyl Lactylate, Microcrystalline Cellulose, Enzymes, Wheat Flour, Corn Starch, Ascorbic Acid.

1220 - Country Wheat Bread 28oz

Contains: WHEAT, SOY.

May contains: Wheat Bran

18 servings per container Serving size 1 slice 1.4oz (40g)	
Amount per serving Calories	90
% [Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 39mg	0%