

12 Oz 7-Grain Lawash

Product Description:

A 9 to 10 inch round flatbread. Ideal for wrap sandwiches, paninis, thin crust pizza etc

Ingredients:

Unbleached Unbromated Enriched wheat Flour (Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Powdered Cellulose, Multi Grain Basic, Flax Flour, Wheat Gluten, Stone Ground Whole Wheat Flour, Contains 2% or Less of the Following: Calcium Propionate, Potassium Sorbate, Salt, Guar Gum.

Specs:

Mfg#	14992
LxHxW of Case	10 x 10x 5 (inches)
Gross Weight	10 lb
Net Weight	9 lbs
Pk Size	12/6 pc
Ti/Hi	16/9 Total 144
Shelf Life	30 Days or 6 months frozen
UPC#	081511149921

Nutrition Facts	
Serving Size 1 slice(57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 4g	8%
Vitamin C 2%	• Calcium 2%
Iron 8%	
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

