

# 12 Oz Whole Wheat Lawash

## Product Description:

A 9 to 10 inch whole wheat round flatbread. Ideal for wrap sandwiches, paninis, thin crust pizza etc. Healthy, low in sodium and no cholesterol.

## Ingredients:

Water, Stone Ground Whole Wheat Flour, Unbleached Unbromated Enriched wheat Flour (Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Powdered Cellulose, Flax Flour, Wheat Gluten, Contains 2% or Less of the Following: Calcium Propionate, Potassium Sorbate, Vinegar, Distilled, Beta-Tab

## Specs:

Mfg#	14963
LxHxW of Case	10 x 10 x 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#	081511149631

Nutrition Facts			
Serving Size 1 slice (57g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 95	Calories from Fat 6		
% Daily Values*			
<b>Total Fat</b> 1g	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 146mg	<b>6%</b>		
<b>Total Carbohydrate</b> 24g	<b>8%</b>		
Dietary Fiber 9g	<b>36%</b>		
Sugars 0g			
<b>Protein</b> 6g	<b>12%</b>		
Vitamin C 2%	• Calcium 4%		
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

