

# 16 Oz 7-Grain Lawash

## Product Description:

An 11 to 12 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, Vinegar Distilled, Beta-Tab

## Specs:

Mfg#	14982
LxHxW of Case	12 x 12 x 5 (inches)
Gross Weight	13 lb
Net Weight	12 lbs
Pk Size	12/5 pc
Ti/Hi	12/9 Total 108
Shelf Life	30 Days or 6 months frozen
UPC#	081511149822

Nutrition Facts			
Serving Size 1 slice (90g)			
Servings Per Container 5			
Amount Per Serving			
<b>Calories</b> 220	Calories from Fat 10		
<b>% Daily Values*</b>			
<b>Total Fat</b> 1.5g	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 310mg	<b>13%</b>		
<b>Total Carbohydrate</b> 52g	<b>17%</b>		
Dietary Fiber 9g	<b>36%</b>		
Sugars 0g			
<b>Protein</b> 9g	<b>18%</b>		
Calcium 25%	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

