

# 16 Oz Whole Wheat Low Carb Lawash

## Product Description:

A 11 to 12 inch round flatbread. Ideal for wrap sandwiches, paninis, thin crust pizza etc

## Ingredients:

Water, Stone Ground Whole Wheat Flour, Wheat Gluten, Oat Fiber, Flax Flour, Contains 2% or Less of the Following: Calcium Propionate, Potassium Sorbate, Salt, Guar Gum, Vinegar, Distilled, Beta-Tab

## Specs:

Mfg#	14978
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#	081511149785

<b>Nutrition Facts</b>	
Serving Size 1 slice (90g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 10
% Daily Values*	
<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> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 13g	<b>52%</b>
Sugars 0g	
<b>Protein</b> 14g	<b>28%</b>
Calcium 15%	● Iron 10%
*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

