

16 Oz Whole Wheat Lawash

Product Description:

A 11 to 12 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#	14961
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#	081511149617

Nutrition Facts			
Serving Size 1 slice (90g)			
Servings Per Container 5			
Amount Per Serving			
Calories 150	Calories from Fat 10		
% Daily Values*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 230mg	10%		
Total Carbohydrate 38g	13%		
Dietary Fiber 14g	56%		
Sugars 0g			
Protein 10g	20%		
Calcium 10%	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

