

Bricins Inc.
Nutrition Label
Whole Wheat Mini

12:53pm 02/10/2014

Nutrition Facts	
Serving Size 3 1/2 oz (99 g/3.5 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 390	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 67g	22%
Dietary Fiber 7g	29%
Sugars 4g	
Protein 13g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 25%
* 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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Whole Wheat Flour, Wheat Flour, Sugar, Oil, Canola, Salt, Yeast, Dough Conditioner, Oil, Industrial, Soy, Refined

CONTAINS: Wheat