

# Nutrition Facts

Per (160 g)

**Calories 480**

**% Daily Value\***

**Fat** 15 g 20 %  
Saturated 3.5 g 17 %  
+ Trans 0 g

**Carbohydrate** 71 g  
Fibre 3 g 12 %  
Sugars 3 g 3 %

**Protein** 14 g

**Cholesterol** 0 mg

**Sodium** 820 mg 36 %

Potassium 0 mg 0 %

Calcium 75 mg 5 %

Iron 3.5 mg 20 %

\*5% or less is **a little**, 15% or more is **a lot**

**Ingredients:** BREAD: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, SOYBEAN OIL, YEAST, SALT, SUGAR, FERMENTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), DEXTROSE, ASCORBIC ACID, ENZYMES. SPREAD: WATER, SOYBEAN OIL, DEHYDRATED GARLIC, PALM OIL, WHEY POWDER, SALT, MODIFIED CORN STARCH, DISTILLED MONOGLYCERIDE, DEHYDRATED PARSLEY, MODIFIED TAPIOCA STARCH, XANTHAN GUM, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR).

**Contains:** Wheat, Milk, Soy, Gluten