CLASSIC CIABATTA

Nutrition Facts
Serving Size (Contains 2 Pieces)
Serving Per Container 8
Amount Per Serving
Calories 160 Calories from Fat 0
% Daily Value*
Total Fat 1g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 310mg 13%
Total Carbohydrate 32g 11%
Dietary Fiber 1g 4%
Sugars Less Than 1g
Protein 5g
Vitamin A 0% · Vitamin C 0% · Calcium 0% · Iron 10% · Thiamin 30% · Niacin 20% · Riboflavin 15% · Folate 20%
*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: Less than 2,000 / 2,500
Total Fat: Less than 65g / 80g
Sat. Fat: Less than 20g / 25g
Cholesterol: Less than 300mg / 300mg
Total Carbohydrate: 300g / 375g
Dietary Fiber: 25g / 30g
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SEA SALT, YEAST, SOYBEAN OIL, ASCORBIC ACID, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, SOY FLOUR, DEXTROSE, DISODIUM DIHYDROGEN PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, ENZYMES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, AZODICARBONAMIDE, MALTOGENIC AMYLASE, MALTOGENIC AMYLASE, MALTOGENIC AMYLAS