

Nutritional Information for BREAD GARL TX TST SLC 12-12CT GFS

Product Number:	611910
Description:	AP Bread Garl Tx Tst, 1.65z Coles

Nutritional Information			
Serving Size 1 Slc (50 g)			
Amount Per Serving			
Calories 180		Calories from Fat 81	
% Daily Value			
Total Fat	9 g		14%
Saturated Fat	3 g		15%
Trans Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	310 mg		13%
Potassium	n/a		n/a
Total Carbs	20 g		7%
Dietary Fiber	1 g		4%
Sugars	1 g		n/a
Protein	4 g		8%
Vitamin A -	0%	Vitamin C -	0%
Calcium -	2%	Iron -	8%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
1 Slice (48g)		Vitamin D	n/a
Meat/Meat Alternative	0.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.00 cup	Vitamin E	n/a
Grain/Bread	1.75 srv	Vitamin K	n/a
Child Nutrition Label	Yes	Vitamin A	0 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	2 mg	Phosphorus	n/a
Riboflavin B2	0 mg	Zinc	n/a
Niacin B3	2 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	1 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a