

The Long Company Technical Services

16197 Sunshine Avenue
Schoolcraft, MI 49087

Phone (312)726-4606, ext. 3
Cell (269)779-5348

1005 White Texas Toast Bread

Nutrition Facts	
20 servings per container	
Serving size	1 Slice (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 28mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Wheat Gluten, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative), Calcium Sulfate, Vitamin D.

Contains: Wheat

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

The Long Company Sample #123915

8/31/2023

By **Dan Inman**

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Baking Research and Technology, LLC.

6197 Sunshine Avenue
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49087

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1292 Whole Grain Sandwich Bread

Nutrition Facts	
24 servings per container	
Serving size	1 Slice (28g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 45mg	0%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Folate 24mcg DFE	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Vinegar, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Ethoxylated Mono- & diglycerides, Enzymes, Ascorbic Acid.

Contains: Wheat.

One 28.35g Serving of this product contains: 8.6 grams of Whole Grains
One 28.35g Serving of this product contains: 8.3 grams of Enriched Flour
Total of 16.9 grams Whole Grains = 1.0 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Sample# 127670

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1448 Natural 100% Wheat Bread

Nutrition Facts	
22 servings per container	
Serving size	1 Slice (31g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 66mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Whole Wheat Flour, Water, Sugar, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Honey, Salt, Calcium Propionate (Preservative), Ammonium Sulfate, Sodium Stearoyl Lactylate, Ethoxylated Mono- & diglycerides, Mono- & diglycerides, Ascorbic Acid, Citric Acid, Vitamin D, Enzymes.

Contains: Wheat.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 128180

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3295 4in White Buns-Plain

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 2mg	10%
Potassium 49mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 3mg	20%
Folate 94mcg DFE	25%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Enzymes, Ascorbic Acid.

Contains: Wheat, Sesame.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 128234

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3474-Whole Grain Hamburger Buns (57) 1bun 60g 12ct Klosterman-KBK 03-12-21

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 108mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 3mg	20%
Folate 46mcg DFE	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Calcium Propionate (Preservative), Molasses, Sodium Stearoyl Lactylate, Vinegar, Enzymes, Ascorbic Acid, Sesame Flour.

Contains: Wheat, Sesame.

One 60g Serving of this product contains: 19.4 grams of Whole Grains
One 60g Serving of this product contains: 15.9 grams of Enriched Flour
Total of 35.3 grams of Creditable Grains = 2.0 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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3709 Whole Grain Hot Dog Bun

Nutrition Facts	
16 servings per container	
Serving size	1 Bun (50g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 93mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate 39mcg DFE	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Whole White Wheat Flour, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Calcium Propionate (Preservative), Molasses, Sodium Stearoyl Lactylate, Vinegar, Enzymes, Ascorbic Acid.

Contains: Wheat, Sesame

One 50g Serving of this product contains: 15.7 grams of Whole Grains

One 50g Serving of this product contains: 12.9 grams of Enriched Flour

Total of 28.6 grams of Creditable Grains = 1.75 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 128652-1

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3710 Large Boston Buns (20) 1bun 42g 12ct 18oz Klosterman-KBC, Rev. 12-03-21

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (42g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 40mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate 66mcg DFE	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Wheat Gluten, Salt, Calcium Propionate (Preservative), Xanthan Gum, Sodium Stearoyl Lactylate, Ammonium Sulfate, Ascorbic Acid, Enzymes, Sesame Flour.

Contains: Wheat, Sesame.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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3717-White Buddy Boys Buns (10) 1bun 73g 8ct 20.5oz Klosterman-KHG, 07-05-2022

Nutrition Facts	
8 servings per container	
Serving size	1 Bun (73g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 1mg	6%
Potassium 57mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Flour (Wheat Flour, Malted Barley Flour), Water, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Sugar, Salt, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Enzymes, Sesame Flour.

Contains: Wheat, Sesame.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Sample #129109

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3737 5in Wheat Buddy Boys Sub (35) 1roll 73g Klosterman-KHG 11-23-2020

Nutrition Facts	
servings per container	
Serving size	5" Roll (73g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 39g	14%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 3mg	15%
Potassium 131mg	2%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	15%
Niacin 3mg	20%
Folate 86mcg DFE	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Whole White Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Honey, Salt, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ascorbic Acid, Enzymes

Contains: Wheat, Sesame.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 128344

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3915 White Pan Rolls (85J) 1roll 34g 24ct Klosterman-KBO 07-27-2020

Nutrition Facts	
servings per container	
Serving size	1 Roll (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 27mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate 52mcg DFE	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Salt, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Enzymes, Ascorbic Acid, Sesame Flour.

Contains: Wheat, Sesame

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Sample# 128163

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3920 Whole Grain Pan Roll (1) 1roll 34g 24ct Klosterman-KBO 08-06-2020

Nutrition Facts	
24 servings per container	
Serving size	1 Roll (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 65mg	2%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Folate 22mcg DFE	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Whole White Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Corn Syrup, Wheat Starch, Calcium Propionate (Preservative), Calcium Sulfate, Sodium Stearoyl Lactylate, Ethoxylated Mono- & diglycerides, Mono- & diglycerides, Enzymes, Ascorbic Acid

Contains: Wheat, Sesame.

One 34g Serving of this product contains: 11.3 grams of Whole Grains
One 34g Serving of this product contains: 8.8 grams of Enriched Flour
Total of 20.1 grams Whole Grains = 1.25 oz Equivalent Grains Credits

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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3929 Slammer Rolls wGlaze (81) 1roll 34g 24ct Klosterman-KBO 08-21-2020

Nutrition Facts	
24 servings per container	
Serving size	1 Roll (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 26mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate 51mcg DFE	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Wheat Gluten, Salt, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Sunflower Oil, Canola Oil, Pea Protein, Potato Protein, Faba Bean Protein, Dextrose, Maltodextrins, Cornstarch, Ascorbic Acid, Enzymes, Sesame Flour.

Contains: Wheat, Sesame.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 128198-1

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PLAIN 4OZ
03/21/2018

Nutrition Facts	
6 servings per container	
Serving size 1 bagel 4oz (113g)	
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 53g	19%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 197mg	15%
Iron 3mg	15%
Potassium 103mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, SUGAR, CALCIUM PROPIONATE (PRESERVATIVE), MONO-DIGLYCERIDES, ENZYME, MALT, SORBIC ACID, CORNMEAL.

Contains Wheat.

Produced on Equipment that Processes Egg and Soy.

BLUEBERRY 4OZ
03/21/2018

Nutrition Facts	
6 servings per container	
Serving size 1 bagel 4oz (113g)	
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 58g	21%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 5g Added Sugars	10%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 3mg	15%
Potassium 111mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLUEBERRY BITS, SUGAR, YEAST, SALT, CALCIUM PROPIONATE (PRESERVATIVE), MONO-DIGLYCERIDES, ENZYMES, MALT, CORNMEAL.

Contains Wheat.

Produced on Equipment that Processes Egg and Soy.

#9543

Multigrain / 12 Grain 4oz

03/21/2018

Nutrition Facts

Serving size 1 bagel 4oz (113g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 15%

Total Carbohydrate 52g 19%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 10g

Vitamin D 0mcg 0%

Calcium 182mg 15%

Iron 3mg 15%

Potassium 147mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, GRAINS (OAT FLAKES, CRACKED WHEAT, SUNFLOWER SEEDS, FLAXSEED, MILLET), WHEAT BRAN, YEAST, SUGAR, SALT, CALCIUM PROPIONATE (PRESERVATIVE), MONO-DIGLYCERIDES, ENZYME, MALT, SORBIC ACID, CORNMEAL.

Contains Wheat.

Produced on Equipment that Processes Egg and Soy.