

Anthony & Sons Bakery, Inc.
Nutrition Label Report
Ciabatta Sandwich

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Nutrition Facts	
1 serving per container	
Serving size	3 1/4 oz (92g)
Amount per serving	
Calories	190
Calories from Saturated Fat 0	
% Daily Value	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 40g	14%
Dietary Fiber 1g	5%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.9mg	10%
Potassium 0mg	0%
Magnesium 0mg	0%

INGREDIENTS: Unbromated Unbleached Enriched ,Wheat, Flour(Niacin,Iron,Thiamine Mononitrate,Riboflavin,Folic Acid), Water, Dried Durum wheat sourdough, yeast, antioxidant: ascorbic acid,enzymes., Salt, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.

Contains: Wheat & Soy