

HONEY MAID WHOLE GRAIN GRAHAMS 200/0.5 OZ. 2 CT.



GTIN: 10019320013680

Qualifying Points

Whole Grain: 54%

Meets: NSLP & SBP

Meets: Smart Snacking Standards

Calories: 60

Sodium: 70 mg

Grain Ounce Equivalent: 0.50

Made In Canada

INGREDIENTS: GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, WHEAT STARCH, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT.

Nutrition Facts

Serving Size 1 pack (14g)

Serving Per Container 1

Amount Per Serving

Calories 60 **Calories from fat** 15

% Daily Value*

Total Fat 1.5g **2 %**

Saturated Fat 0g **0 %**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Potassium 25mg **1%**

Total Carbohydrate 11g **4%**

Dietary Fiber less than 1g **3%**

Sugars 3g

Protein less than 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.