



Rudy's Tortillas

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Date: April 20, 2012

Item Code: 3208
Product Name: Rudy's 8" Whole Wheat Flour Tortilla
Case Pack: 6 of 24 ct

Nutrition Facts	
Serving Size	42g - 1 Tortilla
Servings Per Container	12
Amount Per Serving	
Calories 114	Calories from Fat 25
% Daily Value *	
Total Fat 3g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 318mg	13%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3.5g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 7%
*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 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400 mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	- Carbohydrate 4 - Protein 4

Ingredients: Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil. Contains 2% or less of the following: Leavenings (Sodium Bicarbonate, Sodium Aluminum Phosphate), Salt, Mono-Diglycerides, Preservatives (Sodium Propionate, Propionic Acid, Sodium Hydroxide (for pH adjustment), Sorbic Acid, Corn Starch, Guar Gum, Fumaric Acid and Sodium Metabisulfite (Dough Conditioner).

This information is calculated using Nutra Coaster Software. Data is based on information from ingredient suppliers. Information is believed to be accurate, however no warranty is implied.