



Nutritional Facts Panel

Crust Description: 12 inch Multigrain Pizza Crust

Serving Size: 2 oz. (59 grams)

(4 servings/crust)

Amount Per Serving

Calories: 140 **Calories From Fat:** 10

			<u>% Daily Value *</u>
Total Fat	1	g	2
Saturated Fat	0	g	0
Trans Fat	0	g	---
Cholesterol	0	mg	0
Sodium	290	mg	12
Total Carbohydrate	28	g	9
Dietary Fiber	3	g	12
Sugars	1	g	---
Protein	5	g	---

* Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A:	0%	Vitamin C:	0%
Calcium:	6%	Iron:	8%

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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
	CALORIES (per gram):		
Fat:	9	Carbohydrates:	4
		Protein:	4

INGREDIENTS: WHOLE WHEAT FLOUR, WHITE WHOLE WHEAT FLOUR, WHITE FLOUR, MIXED GRAIN BASE, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, MIXED SEEDS (AMARANTH, FLAX, RYE CHOPS, SUNFLOWER) YEAST, SUGAR, BAKING POWDER, GARLIC, SALT,



Sample Description:

12 inch Multigrain Pizza Crust

All Results Reflected Per 100 Grams of Product

		<u>Value</u>
Water	grams	37.3
Protein	grams	8.2
Fat	grams	2.1
Ash	grams	2.6
Carbohydrate	grams	49.8
Dietary Fiber	grams	4.7
Sugars	grams	1.6
Calcium	milligrams	102
Iron	milligrams	2.42
Sodium	milligrams	501
Vitamin C	milligrams	0.0
Vitamin A	International Units	0.0
Saturated Fat	grams	0.2
Cholesterol	milligrams	0.0
Trans Fat	grams	0.0
Calories	---	251
Calories from Fat	---	19