

DUDLEY'S BAKERY, INC.
30218 HIGHWAY 78
SANTA YSABEL, CA 92070
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Western Honey Wheat (08-08) - Dudley's

Number of Servings: 1697.32 (47 g per serving)

Weight: 93551.7 g (Yield: 79773.83 g)

Nutrition Facts	
Serving Size 1 Slice (47g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
Thiamin 15%	• Riboflavin 4%
Niacin 8%	• Folate 6%
*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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

WATER, WHOLE WHEAT FLOUR, SUNFLOWER SEEDS, WHEAT GLUTEN, FLAXSEED, WHOLE GRAIN YELLOW CORN FLOUR, ORGANIC OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, YEAST, SUGAR, OAT FLOUR, SALT, WHOLE GRAIN RYE FLOUR, BARLEY FLAKES, CRACKED WHEAT, OAT FLAKES, PALM OIL, CORN MEAL, VINEGAR, RYE MEAL, HONEY, MILLET, SESAME SEED, MALT, WHEAT SOUR, SOY OIL, GROUND DILL SEED, ENZYME.

Allergens:

Contains Wheat, Soy