FLAX, OAT BRAN & WHOLE WHEAT

PITA BREAD



Whole Wheat
Whole Wheat
Wreads are one
The healthiest
oread options
around, with the
same great taste
you've grown to
love from Joseph's

Nutrition Facts

8 servings per container Serving size 1 Pita (28g)

Amount per serving Calories

50

	& Daily Value*
Total Fat 1.5g	2%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
sodium 210mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars On	
Includes Og Added Suga	E 0%
Protein 5g	

Vitamin D 0mcg 0% • Potassium 26mg 0% Calcium 108mg 8% • Iron 1mg 6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 clories a day is used for general nutrition advice.

INGREDIENTS:

Water, Wheat Gluten, Whole Wheat Flour, Oat Fiber, Corn Starch, Soy Flour, Soy Protein Isolate, Golden Flax Seed, Yeast, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Contains Less than 2% of Soybean Oil, Salt, Oat Bran, Calcium Propionate, L-Cysteine (Microcrystalline Cellulose L-Cysteine, Corn Starch), Calcius Sulfate, Sodium Acid Pyrophosphate, Dextrose, Sodium Bicarbonate, Calcium Propionate, Potassium Sorbate, Furnaric Acid, Monoglyceride, Sodium Metabisulfite, Enzymes. CONTAINS: Soy, Wheat STORE AT ROOM TEMPERATURE

COUNTING CARBS?

Remember to Subtract the Fiber!

29 DIETARY FISER

5g NET CARB

"NET CARBS CAN BE ENTERED INTO A FOOD TRACKING CALCULATOR OR APP

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Pita Bread Nutritional Guide

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Pita Bread Nutritional Guide:

Pita Bread Nutritional Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. Pita Bread Nutritional Guide: Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Pita Bread Nutritional Guide: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pita Bread Nutritional Guide: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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