

Joseph's[™]

FLAX, OAT BRAN & WHOLE WHEAT

MINI PITA BREAD



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 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 7g **3%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **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 calories 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), Calcium Sulfate, Sodium Acid Pyrophosphate, Dextrose, Sodium Bicarbonate, Calcium Propionate, Potassium Sorbate, Fumaric Acid, Monoglyceride, Sodium Metabisulfite, Enzymes.

CONTAINS: Soy, Wheat
STORE AT ROOM TEMPERATURE

COUNTING CARBS?

Remember to Subtract the Fiber!

7g TOTAL CARBS

-2g DIETARY FIBER

5g NET CARBS

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

Our signature Flax, Oat Bran & Whole Wheat breads are one of the healthiest bread options around, with the same great taste you've grown to love from Joseph's!

FRESH • AUTHENTIC • HEALTHY

For three generations, Joseph's has been proudly baking family recipes developed by our founder, Joseph Boghos. From our family to yours, we hope you enjoy our fresh take on tradition!

WWW.JOSEPHSBAKERY.COM

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Pita Bread Nutritional Guide

Lingsheng Yao



Pita Bread Nutritional Guide:

The book delves into Pita Bread Nutritional Guide. Pita Bread Nutritional Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Pita Bread Nutritional Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Pita Bread Nutritional Guide
- Chapter 2: Essential Elements of Pita Bread Nutritional Guide
- Chapter 3: Pita Bread Nutritional Guide in Everyday Life
- Chapter 4: Pita Bread Nutritional Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Pita Bread Nutritional Guide. The first chapter will explore what Pita Bread Nutritional Guide is, why Pita Bread Nutritional Guide is vital, and how to effectively learn about Pita Bread Nutritional Guide.

3. In chapter 2, this book will delve into the foundational concepts of Pita Bread Nutritional Guide. This chapter will elucidate the essential principles that need to be understood to grasp Pita Bread Nutritional Guide in its entirety.

4. In chapter 3, this book will examine the practical applications of Pita Bread Nutritional Guide in daily life. This chapter will showcase real-world examples of how Pita Bread Nutritional Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Pita Bread Nutritional Guide in specific contexts. This chapter will explore how Pita Bread Nutritional Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Pita Bread Nutritional Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Pita Bread Nutritional Guide.

<https://crm.avenza.com/results/detail/fetch.php/Question%20Paper%20Of%20Mechanotechnology%20Of%202008.pdf>

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Pita Bread Nutritional Guide Introduction

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FAQs About Pita Bread Nutritional Guide Books

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