

# Joseph's<sup>™</sup>

## 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!

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# Pita Bread Nutritional Guide

**J Spring**



**Pita Bread Nutritional Guide:**

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