



Roman's Bakehouse

# 578272 - Whole Wheat Pita Bread Vegan

Romans Pita Bread is baked to perfection in an authentic brick oven, its perfect for sandwiches, wraps, pizzas, dipping and more! Romans premium vegan products are made with no artificial flavours or colors, no dough conditioners and are dairy, egg, nut and soy free.



## Nutrition Facts

<b>Servings per Container</b>	<b>5</b>
<b>Serving size</b>	<b>50g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 48mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 7mg	<b>0%</b>

### \* Benefits

Romans Bakehouse is your One Stop Shop for Pita, Flatbread and Naan Bread. These premium vegan products are made with no artificial flavors or colors, no dough conditioners and are dairy, egg, nut and soy free. Craft baked since 1989 with the highest quality ingredients, Romans Bakehouse products will be a pantry staple for years to come! For over 30 years, Romans Bakehouse Pita Bread is baked to perfection in an authentic brick oven. A healthy alternative to traditional breads, the Whole Wheat Pita is perfect for sandwiches, wraps, pizzas, dipping and more!

### Ingredients

Whole wheat flour (flour, ascorbic acid, amylase), water, cultured wheat flour, yeast, salt, vinegar.

### ⚠ Allergens

#### Contains:



wheat

#### Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

\* 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.

### Handling Suggestions

Remove desired amount of pita bread from package, reseal bag to maintain freshness.

### Serving Suggestions

Split the pita open on the edge, stuff with your favorite ingredients, roll and enjoy - Or cut the pita in half, open up each side and stuff with your favorite ingredients for a half-sized pocket.

### Prep & Cooking Suggestions

Split the pita open on the edge, stuff with your favorite ingredients, roll and enjoy - Or cut the pita in half, open up each side and stuff with your favorite ingredients for a half-sized pocket.

### ✍ Product Specifications

Brand	Manufacturer	Product Category
Roman's Bakehouse	Fancy Pokket Bakery	Flatbread & Pitas

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
820581578275	578272	578272	10820581578272		24/250 GR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.76lb	13.76lb	Canada	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.88in	14in	7.25in	0.58ft3	5x10	277days	-2°F / -5°F



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### Nutrition Analysis - By Measure

Calories	120	Total Fat	0.5g	Sodium	115mg
Protein	6	Trans Fats		Calcium	48mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	7mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

