



Flatout

92290 - Multigrain & Flax Flatbread

And because our flat breads are half the calories and half the carbs of two slices of whole wheat bread with more protein and fiber they're exactly the type of fuel you need to take on the world



Nutrition Facts

Servings per Container 8
Serving size 42.0g (42g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 19g	0%
Dietary Fiber 12g	41%
Total Sugars 1g	
Includes 1g Added Sugar	%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	0%
Potassium 130mg	2%

* 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.

* Benefits

Flatout flatbreads were created by a husband and wife team with a little restaurant and a big passion for delicious foods especially breads they made their own flatbreads to serve to their customers and now they've bringing Flatout flatbread to you so you can make fabulous wraps sandwiches pizzas and roll ups and more in your own kitchen and because our flat breads are half the calories and half the carbs of two slices of whole wheat bread with more protein and fiber they're exactly the type of fuel you need to take on the world.

Ingredients

WATER, MODIFIED WHEAT STARCH, WHOLE WHEAT FLOUR, WHEAT GLUTEN, GRAIN BLEND (WHEAT BRAN, TRITICALE FLOUR, WHOLE WHEAT FLOUR, FLAXSEED, RYE FLOUR, MILLET FLOUR, BUCKWHEAT FLOUR), OAT FIBER, WHEAT PROTEIN ISOLATE, FLAXSEED, CONTAINS 2% OR LESS OF: LIQUID BROWN SUGAR, ERYTHRITOL, SOYBEAN OIL, POTASSIUM SORBATE AND SODIUM PROPIONATE (PRESERVATIVES), FUMARIC ACID, YEAST, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, CARAMEL COLOR, MONO AND DIGLYCERIDES, SALT, CALCIUM ACID PYROPHOSPHATE, CELLULOSE GUM, GUAR GUM, XANTHAN GUM, MONOCALCIUM PHOSPHATE, SOY FLOUR.
CONTAINS: SOY, WHEAT

Allergens

Contains:

soy wheat

Free From:

crustaceans eggs fish milk
 peanuts sesame tree nuts

Handling Suggestions

Room temp. UNIT UPC:
688339922905

Serving Suggestions

sandwiches, wraps and even Pizza

Prep & Cooking Suggestions

Fill with your favorite filling

Product Specifications

Brand	Manufacturer
Flatout	Flatout Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688339922905	92290	92290	10688339922902		16/11.8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	11.8lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	12in	7.63in	0.85ft3	10x8	90days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	70	Total Fat	2g	Sodium	190mg
Protein	5	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	19g	Saturated Fat	0g	Iron	0.9mg
Sugars	1g	Added Sugars	1g	Potassium	130mg
Dietary Fiber	12g	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

