

Flatout

92292 - Light Spinach 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



* 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



A Allergens

WATER, MODIFIED WHEAT STARCH, WHOLE WHEAT FLOUR, WHEAT GLUTEN, GRAIN BLEND (WHEAT BRAN, TRITICALE FLOUR, WHOLE WHEAT (WHEAT BRAN, INTIICALE 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, ACID, YEAST, YEAR ACID, YEAR 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

Contains:



Free From:









Nutrition Facts

Servings per Container 42.0g (42g) Serving size

Amount per serving alorios

60

Calories	60
% Dail	y Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 12g	41%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 6g	_
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
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.

Handling Suggestions

Product Specifications

room temperature UNIT UPC: 688339922929

Serving Suggestions

sandwich's and or Wrap

Prep & Cooking Suggestions

open and fill with your favorite filling

Brand	Manufacturer
Flatout	Flatout Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688339922929	92292	92292	10688339922926		16/11.8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	11.8lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	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	60	Total Fat	1g	Sodium	210mg
Protein	6	Trans Fats	0g	Calcium	30mg
Total Carbohydrates···	19g	Saturated Fat	0g	Iron	0.9mg
Sugars	0g	Added Sugars	0g	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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



