



Flatout
92296 - Protein Up 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	5
Serving size	55.0g (55g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.53g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 22g	8%
Dietary Fiber 15g	52%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 16mg	8%
Potassium 270mg	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.

* 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, OAT FIBER, CHICKPEA PROTEIN POWDER, SOY FLOUR, WHEAT PROTEIN ISOLATE, CONTAINS 2% OR LESS OF: ERYTHRITOL, FLAXSEED, YEAST, SOYBEAN OIL, POTASSIUM SORBATE AND SODIUM PROPIONATE (PRESERVATIVES), FUMARIC ACID, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONO AND DIGLYCERIDES, SALT, CARAMEL COLOR, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CELLULOSE GUM, GUAR GUM, XANTHAN GUM. CONTAINS: SOY, WHEAT

Allergens

Contains:

soy wheat

Free From:

crustaceans eggs fish milk
peanuts sesame tree nuts

Handling Suggestions

Room Temp. UNIT UPC:
688339923124

Serving Suggestions

Add your favorite filling

Prep & Cooking Suggestions

Add your favorite filling

Product Specifications

Brand			Manufacturer			
Flatout			Flatout Inc			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
688339923124	16064	92296	10688339923121		16/9.7 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
11.1lb	9.7lb	United States	No			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
5.18in	12in	16in	0.58ft3	10x11	90days	-5°F / -2°F



Flatout
92296 - Protein Up 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 Analysis - By Measure

Calories	90	Total Fat	2g	Sodium	260mg
Protein	10	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	22g	Saturated Fat	0.53g	Iron	16mg
Sugars	0g	Added Sugars	0g	Potassium	270mg
Dietary Fiber	15g	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

