



Flatout  
92298 - 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



Nutrition Facts

Servings per Container 8  
Serving size 32.0g (32g)

Amount per serving  
Calories 45

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 14g	0%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 7mg	4%
Potassium 100mg	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 SENSORY REQUIREMENTS:

Allergens

Contains:

soy wheat

Free From:

crustaceans eggs fish milk  
peanuts sesame tree nuts

Handling Suggestions

room Temp. UNIT UPC:  
688339922981

Serving Suggestions

Fill with your favorite filling

Prep & Cooking Suggestions

Fill with your favorite filling

Product Specifications

Brand	Manufacturer
Flatout	Flatout Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688339922981	92298	92298	10688339922988		12/9 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8lb	6.75lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	12in	5.19in	0.58ft3	10x12	90days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	45	Total Fat	1g	Sodium	160mg
Protein	4	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	14g	Saturated Fat	0g	Iron	7mg
Sugars	0g	Added Sugars	0g	Potassium	100mg
Dietary Fiber	9g	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

