

Fiber One 967530 - Garden Vegetable Wraps

Fiber One Garden Vegetable Wraps are a delicious way to get an excellent source of fiber, and just 70 calories per Wrap. Enjoy these delicious Wraps to add fiber to your next meal or snack!



		Nutrition Fa	cts	
		Servings per Container Serving size 1wra	8 p (1EA)	
		Amount per serving Calories	70	
		% Dai	ily Value*	
		Total Fat 2g	3%	
		Saturated Fat 0.5g	3%	
		Trans Fat		
		Cholesterol 0mg	0%	
≭ Benefits		Sodium 210mg	9%	
		Total Carbohydrate 14g	5%	
Fiber One Garden Vegetable Wraps are a c fiber, and just 70 calories per Wrap. Enjoy	felicious way to get an excellent source of these delicious Wraps to add fiber to your	Dietary Fiber 7g	25%	
next meal or snack! Our baking facility for tree nuts, sesame, fish, and shellfish - and	the Wraps is completely free of peanuts,	Total Sugars 1g		
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 6g		
		Vitamin D 0mcg	0%	
Water, Enriched Unbleached Flour ([Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate,	Contains:	Calcium 120mg	10%	
Riboflavin Folic Acid] Malted Barley Flour), Oat Fiber, Wheat Gluten, Corn Starch, Soy Flour, Soy Protein	soy 🏟 wheat	Iron 1mg	6%	
Isolate, Spinach Powder, Soybean Oil, Yellow Corn Flower, Contains 2% Or Less Of: Golden Flax Seed, Hydrogenate Cottonseed Oil, Guar Gum, Calcium	Free From:	Potassium 104mg	2%	
Propionate, Dough Conditioner (Wheat Flour, Salt, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes), Garlic Powder, Tomato, Basil Leaves, Oregano, Salt, Potassium Sorbate, Sodium Aluminum Phosphate, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Calcium Sulfate, Monoglycerides, Ascorbic Acid, Fumaric Acid. Dextrose. Sodium Metabisulfite.	() crustaceans () eggs () fish () milk () peanuts () tree nuts	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.		

Handling Suggestions

If frozen, product is best if used within 42 days after initial thaw

Serving Suggestions

1 wrap

Prep & Cooking Suggestions

Ready to eat, or can be lightly heated in the oven or skillet

Product Specifications

Brand			Manufacturer				
Fiber One			Gold Medal Bakery				
UPC	MFG #	SPC #		GTIN		Pack	Pack Desc.
83584100793	8 96753	967530) 108	35841007	7935		12/12.2 OZ
Gross Weight	Net We	ight Cou	untry of Origin Kosher Child Nutriti		nild Nutrition		
11.15lb	9.19	b L	nited States Yes		5		
Shipping Information							
Length Wid	h Height	Volume	TIxHI	Shelf Li	fe St	orage Te	emp From/To
17in 10.6	n 3.8in	0.4ft3	9x18	237day	's	-5°F / -2°F	





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Nutrition Analysis - By Measure

Calories	70	Total Fat	2g	Sodium	210mg
Protein	6	Trans Fats		Calcium	120mg
Total Carbohydrates…	14g	Saturated Fat	0.5g	Iron	1mg
Sugars	1g	Added Sugars	Og	Potassium	104mg
Dietary Fiber	7g	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	

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