

# 150% Daily Recommended Dark Green Veggies\*

PER SERVING

## Nutrition Facts

Serving Size 2 slices (63g)

Servings per container 9

Amount Per Serving

**Calories** 130      **Fat Cal** 15

% Daily Value\*

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Potassium** 270mg      **8%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 5g      **20%**

Sugars 3g

**Protein** 8g      **16%**

Vitamin A 50% • Vitamin C 15%

Calcium 30% • Iron 10%

Vitamin D 20% • Vitamin E 4%

Vitamin K 170% • Thiamine 20%

Riboflavin 8% • Niacin 10%

Vitamin B6 10% • Folate 25%

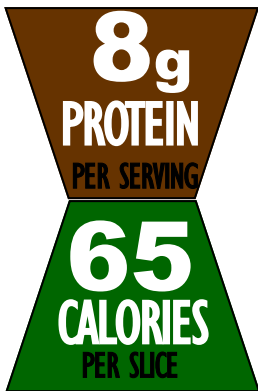
Pantothenic Acid 4% • Phosphorus 15%

Magnesium 15% • Zinc 6%

Selenium 25% • Copper 8%

Manganese 70%

\*Percent Daily Values are based on a 2,000 calorie diet.



**EXCELLENT SOURCE**

**GOOD SOURCE**

- |             |           |
|-------------|-----------|
| Protein     | Taste     |
| Vitamin B6  | Fiber     |
| Niacin      | Calcium   |
| Iron        | Thiamine  |
| Magnesium   | Folate    |
| Phosphorous | Selenium  |
|             | Manganese |
|             | Vitamin A |
|             | Vitamin D |
|             | Vitamin K |



**INGREDIENTS:** SPINACH, 100% WHOLE GRAIN WHEAT FLOUR, VITAL WHEAT GLUTEN, PURE CANE BROWN SUGAR, BEETS, LESS THAN 2% OF: YEAST, OAT FIBER, GRAPESEED OIL, SALT, CULTURED WHEAT, VINEGAR, CALCIUM CARBONATE, VITAMIN D<sub>2</sub> BAKERS YEAST, ENZYMES.

**CONTAINS:** WHEAT.      **VEGAN**

\* as per USDA my plate weekly target