

## Nutrition Facts

Serving Size 2.75 oz (78g)

Servings Per Container

Amount Per Serving

Calories 250    Calories from Fat 70

% Daily Value\*

Total Fat 8g    12%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 5mg    2%

Sodium 110mg    5%

Total Carbohydrate 41g    14%

Dietary Fiber 3g    11%

Sugars 10g

Protein 6g

Vitamin A 0%    •    Vitamin C 0%

Calcium 4%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Lupita's Yellow Concha 51% Whole Wheat

Code #1453

Federal Reimbursable Meal Pattern

Contributions: 2.75 Bread/Bread Alternate

Allergen Statement: Contains Wheat, Egg, Milk, Soy.



BREAD INGREDIENTS: Bleached Wheat Flour (Enriched with Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Sugar, Partially Hydrogenated Soybean Oil, Vital Wheat Gluten, Nonfat Dry Milk, Mono and Diglycerides, Dried Whole Egg, Artificial Flavors, Salt, Dough Conditioner (Calcium Sulfate, Salt, Starch, Ammonium Sulfate, L-Cysteine, Ascorbic Acid, Azodicarbonamide), Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Calcium Propionate, Yellow 5, Yellow 6, Enzyme, Dry Yeast, Water, Cinnamon Powder. TOPPING INGREDIENTS: Bread Flour (Wheat Flour, Ascorbic Acid added as Dough Conditioner, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Powder Sugar, Granulated Sugar, Egg Shade Color (Water, Yellow 5, Yellow 6, Citric Acid, Sodium Benzoate).