

N Joy Brand Seasoned Croutons

NUTRITION FACTS			
Serving Size: 22 pieces (7g)			
Servings per Container: 648			
Amount per Serving			
Calories 30	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 80mg	3%		
Total Carbohydrate 5g	2%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 1g			
Vitamin A 0% * Vitamin C 0%			
Calcium 0% * Iron 2%			
*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			

Ingredients: Enriched flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, water, yeast, high fructose corn syrup, 2% or less of the following: salt, whey, calcium propionate (preservative), dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, calcium peroxide, calcium sulfate, ammonium sulfate, calcium iodate, ascorbic acid), sugar, spices, parsley, onion, wheat gluten, paprika, turmeric (color), extractives of paprika, spice extractives, TBHQ (to preserve freshness).

**Contains: Wheat, Milk and Soy Ingredients.